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5-11 AUGUST 2011



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IN THE Nuts OFFICE!

Lucy's fangs fascinate *Nuts* man Si. Obviously



Nuts man Sam sneaks onto our lingerie shoot



PHOTOS: GETTY IMAGES, ELLIS O'BRIEN, ACTION IMAGES, SCARLET STUDIOS, LARRY STEINBACHER
COVER: CELEBRITYPICTURES.CO.UK, SCOPE FEATURES, SPLASH, XPOSURE, GETTY IMAGES, BIGPICTURESPHOTO.COM, ELLIS O'BRIEN

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Nuts NEWS

CRASHING AT GAMBON, EVERY WEEK!

Nuts EXCLUSIVE!

Rosie's super-hot Top Gear lap!

Nuts babe burns real and virtual rubber!

WORDS: SI CUNNINGHAM PHOTOS: JIM LINCOLN

Just when we thought the booberific Rosie Jones couldn't get cooler or sexier, she goes tearing round the *Top Gear* circuit like there's no tomorrow!

Miss Jones joined *Nuts* at the track courtesy of Xbox 360 racing game *Forza Motorsport 4*, which has mapped the track so it's playable in the game. Cue Miss Jones trying a virtual lap in the "reasonably priced car" Kia Ce'ed (a brilliant time of 1.39.16) before hitting the track at the wheel of the real thing.

Rosie's "real" lap was overseen by the Stig, who showed his sexy co-driver the ropes and then treated her to a spin in a shiny Lambo! And her time? A frankly slowest ever lap of 1.59.58, worse than bottom-placed John Prescott. Better stick to modelling, eh, Rosie?

Forza Motorsport 4 is out on Xbox 360 on 14 October









floridkeys.com

IT'S THE STIG!

Some say he thinks she's Jeremy Clarkson

COOL WALL!

No surprises here...

LEADERBOARD!

Everyone preferred Rosie going on top

(Very) hot rod!

Racer does burnout. On purpose!

Funnily enough, this thing here – a flaming burnout – has been banned in drag racing meets for 28 years. Fuel is drizzled on the ground and set alight, see, before the car rolls over it to cause this enormous trail of fire out of its bottom. To clarify, a car that can go over 200mph runs over fuel that's on fire *specifically* so it can create an enormous fireball. So if you see this again, the driver isn't going, "Wheeeeeee!" he's going, "Sheeeeeeeeeeeeeeeet!"

WORDS: RORY BUCKERIDGE PHOTO: MATT WOODS

FIREBALL!

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"Smells like chicken!"

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Nuts EXCLUSIVE!

Rage – the first two hours!

120 minutes of the shooter rated!

WORDS: RORY BUCKERIDGE

The guys at iD Software have been busy for over four years making *Rage*. A post-apocalyptic shooter, you alternate between gun-based missions and off-roading across the Wasteland as you make your violent way through the beautiful, mutant-filled world. We were invited to have an exclusive go on the first two hours! It's out on 7 October on PS3 and Xbox 360, and we'll be first in the queue for a copy!

1. LIKE A MOVIE!

Two minutes in...

An asteroid crashes into Earth and a tiny number of humans go into an underground shelter. And 106 years later you stumble into a post-apocalyptic world to be saved by a certain Dan Hager.

APOCALYPSE!



3. REASONABLY PRICED CAR

One hour in...

The reward for your efforts so far is a buggy. This opens up the Wasteland to driving missions, but first you've got to clear a pass from the grasp of mutant bandits.



4. WELCOME TO WELLSPRING!

90 minutes in...

With the trail open, you head to Wellspring where you meet the mayor. He wants you to send supplies to Dan, but first you need to pimp your ride with machine guns.

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DEADLY COMBAT!

2. I HAVE A GUN

Half an hour in...

Dan hands you a revolver and sends you to clear a hideout of mutant bandits. Then the missions begin, with you sourcing medical supplies and stealing back buggy parts.

5. CLEANING UP THE WASTELAND

Two hours in...

Now you can take out bandit buggies in off-road combat. Each kill earns money to help upgrade your motor. Then it's back to Wellspring to really hit your mission stride.

Verdict

Running and gunning through an apocalypse is a well-trodden path but the depth, polish and beautiful construction of *Rage* means it could be the best-bolted-together shooter of 2011. Shooter of the year? The bar's now set pretty high.

StoreMags.com

Nuts EXCLUSIVE!

Pinder's movie debut!

Our Lucy's in flick *Strippers vs Werewolves*. Guess what as!

WORDS: SI CUNNINGHAM PHOTOS: JIM LINCOLN

We don't think it'll bother those chin-strokers at the Academy when they're selecting next year's Oscar contenders, but when the chaps behind upcoming horror flick *Strippers vs Werewolves* asked us to a day's shooting, refusing would have been silly.

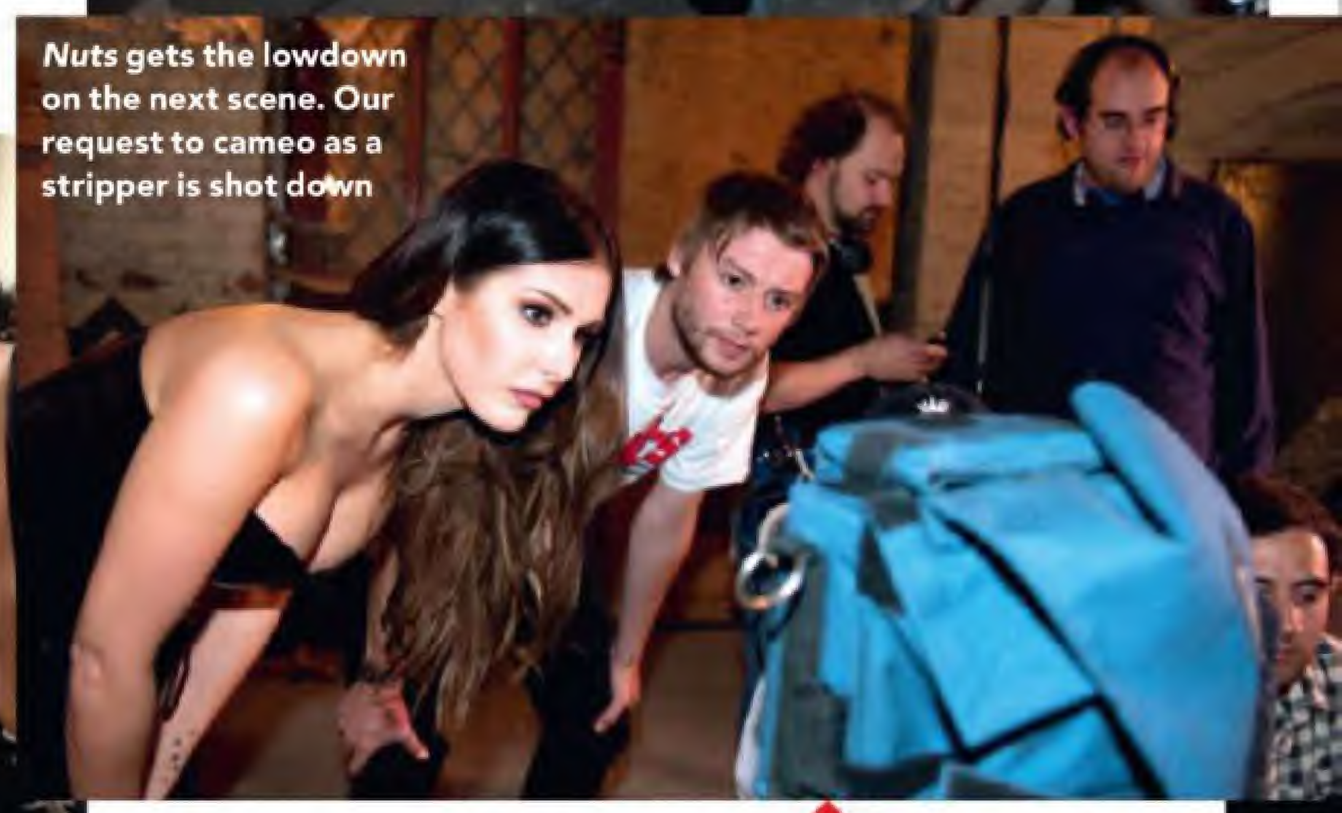
It got even better than that. Not only does this gore-fest feature the movie debut of one Ms L Pinder as a sexy, strippy vamp, but also, brilliantly randomly, it's being directed by '80s pop star and ex-*EastEnders* bloke Martin Kemp!

Nuts was given exclusive access to the filming where, among other things, we got to see our Lucy tucking into some poor bloke's neck before having a stake driven through her heart! Don't worry, her boobs survived unharmed!





Nuts gets the clap! Well, gets to have a go at using the clapper board, that is...



Nuts gets the lowdown on the next scene. Our request to cameo as a stripper is shot down



Nuts man admires the make-up lady. Oh, and someone called Lucy.



Nuts man sneaks behind the lens ahead of the shoot

StarsAreUs.com



Lucy gets into her best stripper gear. *Nuts* offers to help but is sent packing



Pinder-vision! Lucy takes some direction ahead of her big fight scene

Look! It's director Martin Kemp!



Hi Martin! So, *Strippers vs Werewolves*... what's that all about? Ha! Well, it's done in the same vein as *Snakes On A Plane*, where we do exactly what it says on the tin. We wanted to make a comedy, and I think the script is really funny. So, it's working well!

Do you reckon it'll be a cult hit like *Snakes On A Plane*? I hope so! It's a great comedy, and it's one of those movies that young lads will enjoy on a Friday night after getting a Chinese in. It's a big laugh!

How the hell did you get involved? I'm part of a company called Black and Blue films, and we get lots of scripts. We read this one and thought, "This is worth making!"

You've commandeered our very own Lucy Pinder. Yes, but I wasn't directly involved in that process! We're lucky that we got a lot of very good-looking girls involved and they've all been really lovely.

You have a small part in it yourself. Was it fun being a werewolf? Yeah, but only for 20 seconds! It sounded like fun – it took four hours to put the make up on, four hours to take it off and two hours filming. It was great fun to do. I'm glad I did it!

Good stuff! Finally, who'd win a real-life fight between a wolf and a stripper? Ha! It's got to be a stripper, hasn't it? I mean, I've never been attacked by one, but I've got the feeling a stripper would have the edge when it came to dealing with snarling hairy beasts!

Strippers vs Werewolves *hits cinemas this winter*



Nuts takes over! Director-man Martin Kemp lets us call the shots! Sort of

Special edition Black Series Mercedes!

The C63 is a £100k, 510bhp hunk of finely tuned muscle!

- This is the fourth Benz in the "Black Series" family tree – a limited-edition (often fewer than 1,000 worldwide) machine boasting the finest, fastest, lightest, lairiest parts in AMG's store cupboards.
- **Although it's the cheapest Black Series car so far, this C63 AMG Coupé will still set you back around £100,000. And for that you don't even get back seats!**
- Black Series cars are always two-door hardtop models focused on track driving. And this is why the C63 Coupé's shell has broader rear arches to accommodate the 79mm wider tyres.
- **The back end of the C63 also features air ducts in front of the wheels and quad exhausts integrated into the rear diffuser. All made from lightweight carbon fibre.**
- Like all AMGs, the engine is hand-assembled by one man who signs his name on a plaque under the bonnet.
- **Despite being called the C63, the potent V8 engine is actually is a 6.2-litre, but mechanical massaging helps swell the standard model's 451bhp to 510bhp.**
- What does this mean? It means 0-62mph in 4 seconds and a top whack of 195mph!
- **But if the Black Series C63 Coupé still isn't as track-focussed as you'd like, AMG allow you to spec it to be even more lunatic. Tick the "track package" box and you'll get a big carbon-fibre rear birdtable wing on stilts, semi-slick Michelin racing tyres and active cooling for the rear diff. There's also talk of a roll cage. Gulp!**

WORDS: JONNY SMITH

195MPH TOP SPEED!



Sma 6335 loved his personalised numberplate

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"Does it come in lilac?"

0-62 IN 4 SECS!







The Invisible Man wasn't one of *Top Gear*'s best guests

PRICE: £100K!



"No! The wheel's on the wrong side!"

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Premier League's forgotten eleven!

An entire first team of overlooked professionals!

The new top-flight footy season's just 11 days of protracted transfer sagas away, but many players who'd hope to be involved will instead be stuck watching events unfold from the sidelines along with the rest of us. Like the following Premier League footballers, who spent last season collecting more splinters than Pinocchio.

ON THE BENCH!



STUART TAYLOR:
MAN CITY
Taylor's made just one appearance in two years for City. In 14 years in the top flight overall, he's played just 30 games. **FEE:** Free



SLOBODAN RAJKOVIC:
CHELSEA
The Blues failed to spot the Serb wasn't eligible for a work permit so he's yet to make his debut – after four years. **FEE:** £4m



PHILIPP DEGEN:
LIVERPOOL
The Reds wanted consistency from Degen and got it – consistently on the bench, with just seven games in three years. **FEE:** Free



MATT KILGALLON:
SUNDERLAND
Signed from Leeds when he was one of the best centre-backs in the Championship, he's played seven games since 2010. **FEE:** £2m



HABIB BEYE:
ASTON VILLA
Proof that Martin O'Neill didn't always walk on water when at Villa, the former Toon man has clocked up just nine games in two years. **FEE:** Free



MICHAEL JOHNSON:
MAN CITY
One to watch before the money arrived. Now struggles in such a big squad – he's played four times in three years. **FEE:** Free



OWEN HARGREAVES:
UNATTACHED
England's best player at the 2006 World Cup, signed for Man United, then got injured a lot, playing four times in three years. **FEE:** £17m



GIOVANI DOS SANTOS:
SPURS
Plays well for Mexico, hardly ever for Spurs. The former Barca man's been sent on loan three times since he joined. **FEE:** £5m



STEPHEN IRELAND:
ASTON VILLA
The former Man City star only played ten games under Gerard Houllier before playing two on loan for Newcastle. **FEE:** £8m



BEBE:
MAN UNITED
Fergie plucked Bebe from Portuguese obscurity but after just two appearances, he surely wishes he'd left him there. **FEE:** £7.6m



XISCO:
NEWCASTLE
He cost £5m but has played just nine times in three years. Xisco's only impact has been the appearance of some very homoerotic home photos. **FEE:** £5m

TOTAL £48.6M

WORDS: ANDY JONES PHOTOS: GETTY IMAGES, ACTION IMAGES, BACKPAGE IMAGES

Lea Michele
On her hols, Hawaii

Rumours are that Lea may be canned from silly karaoke show *Glee*. Terrible news for eight-year-old girls and whoopsies, great for us, as she'll have more time to kill on the beach!

Essex's Lucy
On her hols, Costa del Sol

Ms Mecklenburgh was in great bikini shape for her Spanish hols. Hopefully she'll bring that form into the next season of *Essex*. Sadly, though, as we all know, a good pre-season etc.

RUDE NEWS
Lady stories hotter than an English summer!

Deborah Ann Woll
In season four of *True Blood*

For us, the absolute stick-on star of *True Blood* is hot ginger vamp Deborah. Although it's quite a curse to bear – an eternity of being ginger is terrifying in anyone's book!

Kelly Rowland
Promoting her new album

Before the new *X Factor* series kicks off, Kelly's got the small matter of an album to flog and a top to whip off for the promo snaps. We prefer her to boring old Cheryl already!

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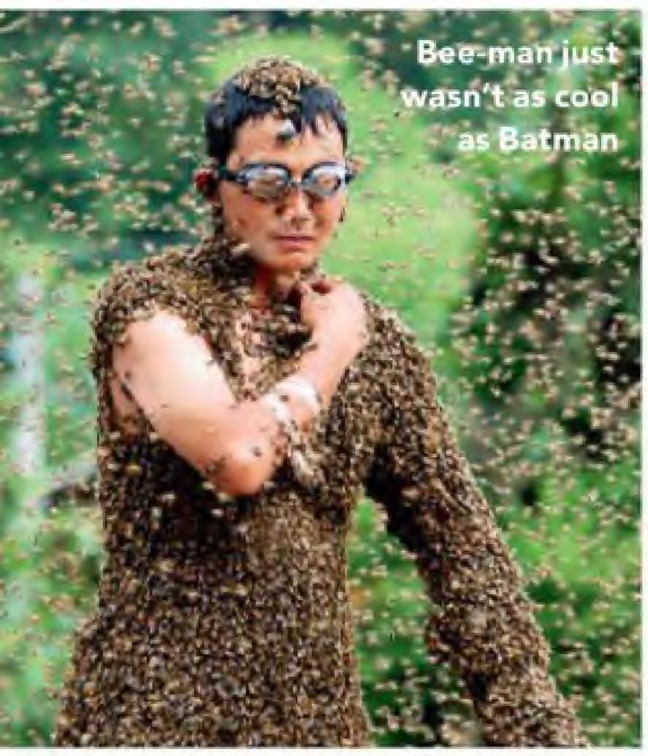
WORDS: RORY BUCKERIDGE PHOTOS: ZOE MCCONNELL, FLYNETPICTURES.CO.UK, SPLASHNEWS.COM,SCOPEFEATURES.COM, PACIFICCOASTNEWS.COM, TNI PRESS

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

Four-stone bee suit!

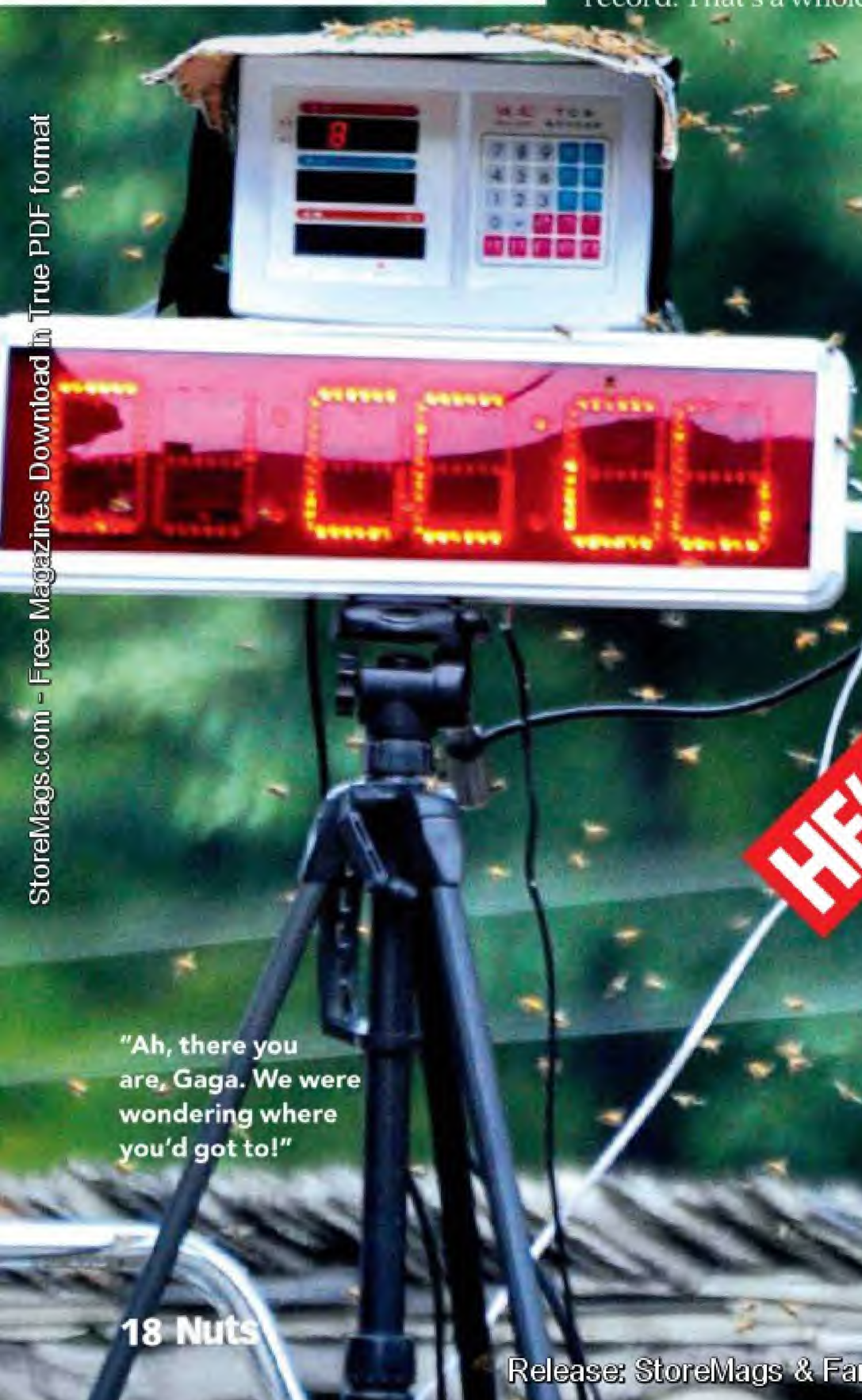
A great outfit, if you like pain!

WORDS: PETE CASHMORE
PHOTOS: REUTERS, GETTY IMAGES



Bee-man just wasn't as cool as Batman

In an ideal world, we like bees to leave us alone, but then we're not Chinese farmers Lu Kongjiang and Wang Dalin, who *lurve* bees. The pair enjoyed a right old ding-dong in Hunan Province recently, to see who was the most bee-attractive of the pair. After an hour, Wang – in just shorts and goggles – emerged victorious, gaining an all-over coating of bees that weighed 4 stone 1 (26kg) – 7lb (3kg) more than Lu's piffling effort. Amazingly, Wang would need another two stone of bees on his person to beat the world record. That's a whole lotta bees!



"Ah, there you are, Gaga. We were wondering where you'd got to!"

HE'S BUZZING!

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NUTS.02/08.PREOWNED.N/S

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ONLY IN Nuts!

JIM JEFFERIES! GOES NUTS!

It's the most offensive column on Earth!

"F**k the pandas! Let those c**ts die out!"

Girl on the run!

Remember Jenny Thompson? Wayne Rooney's £1,200-a-night hooker? She's in the news again. Seems she had to scarper after being seen in a Liverpool club by Coleen Rooney. She fled into the street where her permatan camouflaged her a treat among the other Scouse ladies. There was more orange to be seen than on a visit to Guantanamo Bay. Wayne is said to be gutted – with his hair transplant in place, he reckons he could have got her down to £1,000 a night.



Animal tragic!

Oh, what joy! The tulotoma snail of Alabama has been moved from the endangered species list! Come on, who gives a f**k about endangered species? Personally, I think we should f**k the lot of them off – pandas only f**k five times a year, for Christ's sake, even though we try to help them mate, so I say we let the c**ts die out. It's not our fault! Did you know, there was a snail in South Africa that's now extinct because it only moved 10cm a year. Ten f**kin' centimetres! How do they expect to f**k? You're a good-looking snail, you see another snail a metre away, it's ten years before you can even chat her up! And when you finally mount her, your mum's 200 centimetres away, watching!



"I'm legless"

"Who gives a fk for snails?"**

Cock crowing

The BBC are in a little trouble because, thanks to a typo on their website, they ran a story that read, "The Speaking Cock turns 75 on Sunday." Or maybe they actually did it on purpose – has anyone checked to see if any of the Loose Women had a birthday last Sunday?



Careful! They can smell fear

A story with a happy ending

Now back to my homeland of Australia and the Werribee Mercy Hospital, where a man has had his penis removed from a metal washer. The fireman who found him says, "We get washers stuck on penises about once or twice a year – I've seen about half a dozen in 39 years." OK, so maths isn't exactly a strong point for us Australians, but there's no shame in getting your c*ck stuck in a washer. After all, Arnold Schwarzenegger got his c*ck stuck in his cleaner!

A bum deal

Reports show colon cancer kills 23 per cent more people than breast cancer, but breast cancer charities receive 80 per cent more donations. I understand why – everyone likes t*ts. Men like t*ts, women like t*ts, t*ts are always cool. Even so, let's donate more to colon cancer charities too. Those pink breast cancer awareness ribbons are cute, but I'll be wearing my brown ribbon with red splotches on it with pride. Cheerio, f**kers!

Jim Jefferies: Alcoholocaust Live is out now on DVD



PHOTOS: CLAY ENOS, ALPHAPRESS.COM, REX, ALAMY

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Film and TV news!

What'll be lighting up a screen near you soon!

The car industry unwraps its saucy supercars every year at the Geneva Motor Show. The games folk show their digital knickers at E3. Serious, arty movies are aired in Cannes. And nowadays, the TV and movie expo of choice is San Diego's Comic-Con.

Unsurprisingly, Comic-Con used to be mostly about comics, but in recent years it's been hijacked by TV and movie news from the distinctly geeky end of the spectrum. Here are the big stories from that thing!



The Newcastle squad looked worse for wear at pre-season training

1 PROMETHEUS
Brit director Ridley Scott returns to sci-fi with a movie that was supposed to be an *Alien* sequel but became something else. It's now an alien exploration thriller where astronauts encounter a terrifying alien race.

ALIEN THRILLER!

He went everywhere with his trusty crab cage

3 THE WALKING DEAD 2
Second series of zombie thrills starring Andrew Lincoln. Having escaped the lab explosion, the band of merry survivors decide the best option is to leave Atlanta and split up. Thousands of hungry zombies choose to disagree.

She'd been overdoing the clubbing again

2 TERRA NOVA
Steven Spielberg's new TV show is about a community sent 85 million years back in time through a wormhole from a broken future to a past Earth that seems idyllic, but is overrun with dinosaurs. *Avatar*'s Steven Lang stars.

SPIELBERG DRAMA!

It had been a successful raid on Cowell's wardrobe

4 UNDERWORLD AWAKENING
Kate Beckinsale squeezes into that black PVC catsuit for her third *Underworld*, following the prequel that she passed on. Now she's fighting humans dead set on stamping out vamps and werewolves.

"For the last time, electric blue's my natural eye colour!"

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EPIC FANTASY!

5 THE HOBBIT
Director Peter Jackson's been blogging about it, but this is the first proper look at *The Hobbit*'s band of angry dwarves, including Richard Armitage under gallons of prosthetics. Martin Freeman's the hairy-footed star.



7 IN TIME
Justin Timberlake plays a loner in a world where time's currency – a day's work earns a day of life, a coffee costs four hours, timed by a digital wrist display. He's given 100 years of life and has to escape the baddies who want it back.

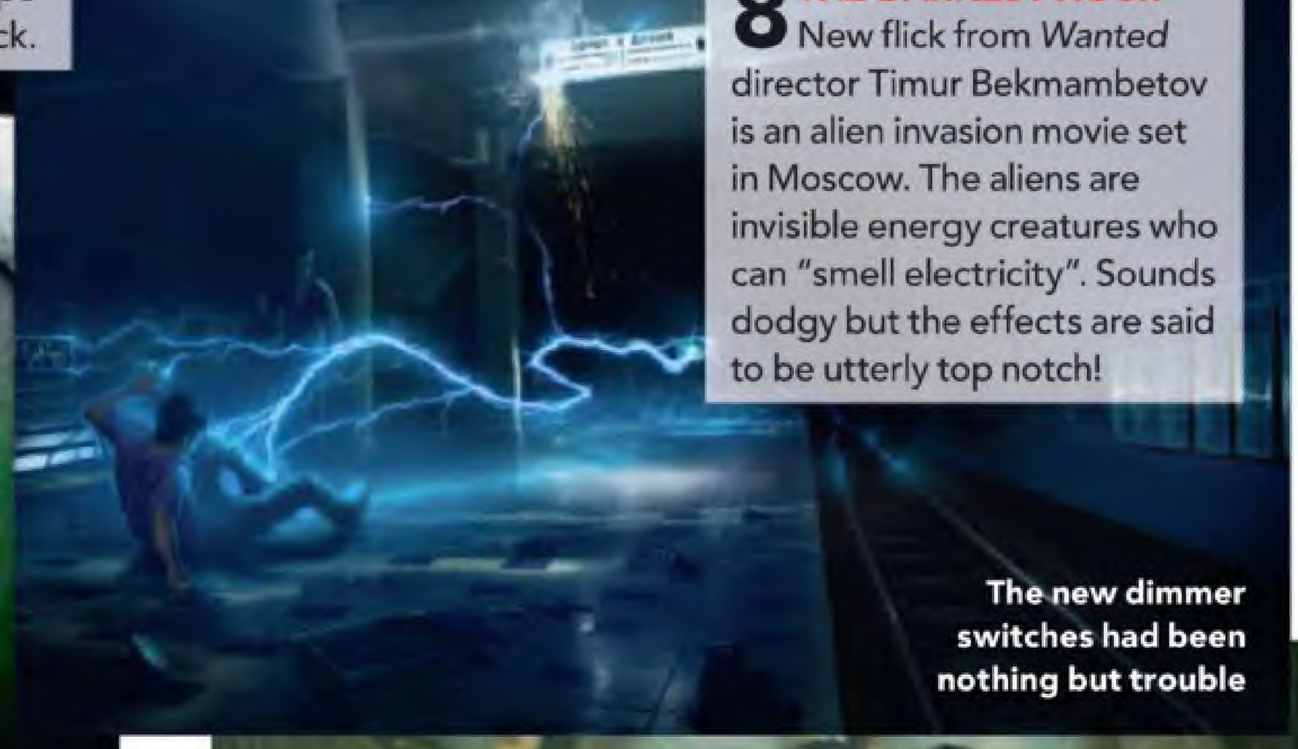
"OK, I'll count to three then – bang! – the spider gets it"

SCI-FI INTRIGUE!



"Right, *now* are you going to tip me for the pizza delivery?"

6 DREDD
Judge Dredd reboot sees *Lord Of The Rings* star Karl Urban donning the helmet for Mega City One's gun-based justice. It promises to be more intense and violent than Sly Stallone's 1995 pantomime. But that wouldn't be tricky.



8 THE DARKEST HOUR
New flick from *Wanted* director Timur Bekmambetov is an alien invasion movie set in Moscow. The aliens are invisible energy creatures who can "smell electricity". Sounds dodgy but the effects are said to be utterly top notch!

The new dimmer switches had been nothing but trouble



"OK, you win – the Jaffa Cakes are in my coat pocket"

9 TOTAL RECALL
Remake with Colin Farrell taking the Arnie role, and it's hugely different. It's not set on Mars for a starter, and it's set to be darker and edgier than the action flick. *Breaking Bad*'s Bryan Cranston is the bad guy. Good choice.

WORDS: RORY BUCKERIDGE PHOTOS: PLANET, SCOPE
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DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to **dontlook@ipcmedia.com**

'I could smell my hand cooking!'

Stag-do silliness causes scorched skin and screams!



A lack of concentration mixed with military hardware is a surefire way to get your fingers burnt. Or, as Rick O'Neill discovered, your whole hand melted!

"On my stag do, we'd been driving a Russian Gvozdika tank," explains the Northamptonshire web designer. "When stepping down, I put my hand on the tank's white-hot exhaust and it fused to the pipe."

"My hand looked like it had been barbecued. I could smell my own flesh cooking – it smelled like chicken!

"I need it redressed every day – there've been plenty of jokes about how it's stopping me doing all manner of ills with my right hand!"

One thing it won't stop Rick doing is getting married this month. Let's hope his missus manages to take his mangled hand in marriage!



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Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

*WORDS: SI CUNNINGHAM *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY

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Nuts GEAR



Nuts EXCLUSIVE!

Nike England rugby shirts

www.nikestore.com/rugby

Nuts says: The new World Cup jerseys come in the usual pristine white but there's also – controversially – an all-black away number. Polite hakas are probably being prepped!

The collar is elasticated to deter shirt-pulling

£50



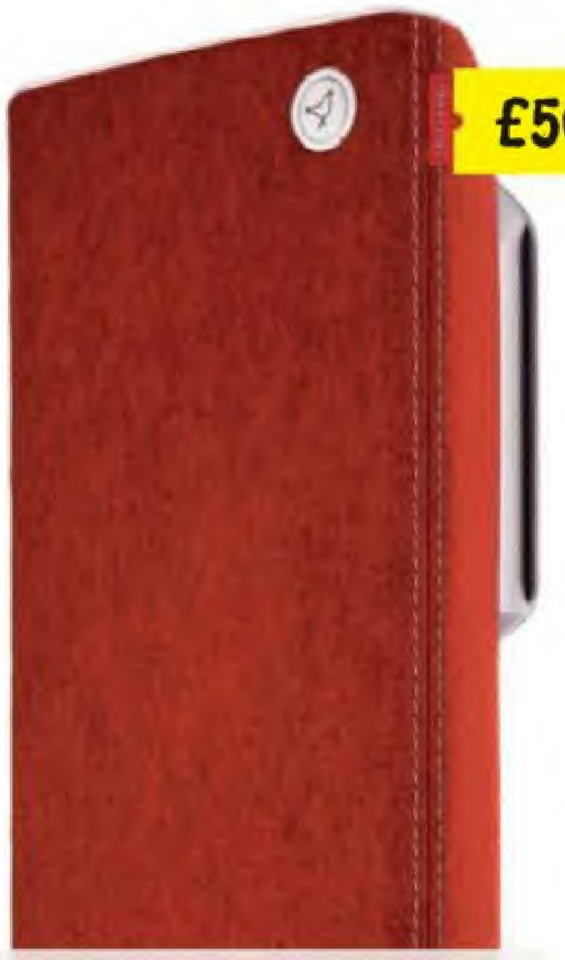
£350

R2-D2 Xbox 360

www.xbox.com

Nuts says: This *Star Wars*-themed Xbox and Kinect pack comes with a 320GB hard drive, C-3PO inspired wireless controller and R2-D2 paint job.

All the system noises – disc eject etc – are Artoo's, too



£500

Libratone Live

www.libratone.com

Nuts says: Cool, discreet speakers with Airplay so you can fire tunes to them direct from an iPod or iPhone. Stunningly simple. There are inputs for other players, too.

Roth KRadio

www.rothaudio.co.uk

Nuts says: It's a stereo with iPod dock and internet radio (via Wi-Fi or ethernet). The kicker is its "touch motion" controls: dance your fingers in front of the unit to work it.



£200

Check out more reviews at www.nuts.co.uk/reviews

WORDS: RORY BUCKERIDGE

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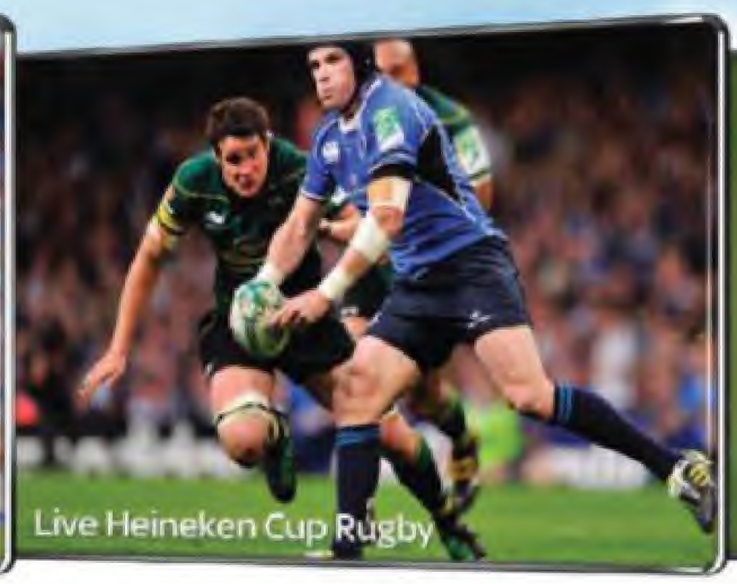
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YOUR LETTE

Another haul of hilarity from our readers!

Send your Letters to nutsletters @

A Rich encounter

Dear Nuts,
I was in Magaluf on July 16th for my birthday and for Radio 1Xtra at Majorca Rocks! It was an amazing night but this pic with *Nuts* man Rich just topped it off!

Thomas Jayes, Leicester

Thanks, Thomas! Now you've got Rich believing he's some kind of celebrity. Sigh!



Rich had his "beer contacts" in again!



"Have I finished? Neigh!"

I'm feeling a little horse

Dear Nuts,
This is my way of preventing my workmates from spying on me when I'm taking a poo! Freaks 'em right out!

Steven, Falkirk

The fact that your workmates watch you going to the toilet freaks us out a bit, Steven!

A work of art!

Dear Nuts,
I did this little drawing of my favourite *Nuts* babe – the very lovely Sophie Howard. Would you pass it on to her for me?

Daniel Price, Pencaerau

We'll do better than that, Daniel – we'll share it with the world! Awesome artwork! Awesome babe!

LETTER OF THE WEEK!



Donald and Mickey loved Disney's lap dancing club

A snap decision

Dear Nuts,
I took this at a place where there was a specific warning not to take photographs. Couldn't resist it!

Vishal Variya, London

And did you get a picture of a load of armed security guards attacking you a few seconds later?



Not-so-snap happy...



Just another day in the office...

A very happy birthday

Dear Nuts,
We love your magazine so much, we decided to dress up as *Nuts* girls for my sister's 23rd birthday. Hope you like the pics!

Kate, Alice and Brooke, via email

We do – but we'd have liked an invitation even more!



So his name's Willy then?

What mates are for?

Dear Nuts,
This is my mate at work. He had no idea...

Tom Stephenson, Wellesbourne

He's probably getting a pretty good idea right about now!

STEALTH BUMMING CORNER!

"An opportunity like this was too good to pass up!"
Dan Baker, via email

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RS!

ipcmedia.com or to the address on p72



Delightful Diana

Dear Nuts,
I did a shoot while wearing one of your wonderful tops and a pair of your sexy shorts. Hope you like this one!

Diane Southcombe, via email

What's not to like, Diana? You look so much better in them than we do!

Win Durex stuff!

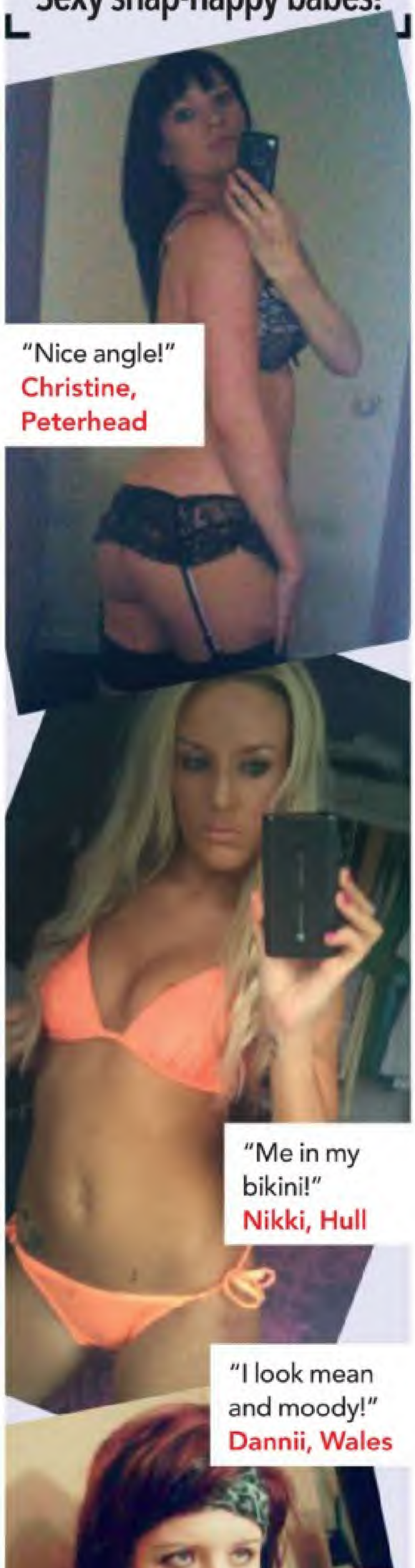
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YOUR JOKES

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SHORT JOKES!

Harry Potter often gets confused between his cooking pot and his best mate. They're both cauld-ron!
Westy, via email

Q: What do you call a group of Essex girls who vajazzle but don't shave?
A: Diamonds in the rough!
PW, via email

Q: How many *Midsomer Murders* writers does it take to change a light bulb?
A: Only one, but it needs a really good twist at the end!
Jon Birch, Harlow

Tesco have a dating service for the over 50s, that's the last time I ask for a bag for life!
John Edwards, Winchester



Hard labour

A bloke staggers in from the pub to find his pregnant wife's waters have broken.

Panicking, and still a bit drunk, he calls the maternity ward and says, "Help! Send help! My wife has gone into labour!"

The nurse replies, "OK. Is this her first child?"

Thinking for a moment, the bloke replies, "No. This is her husband!"

Tim Hall, via email

What a banker

A rich banker moves into a new village and is visited by the local handyman.

"I can do all jobs, but I specialize in painting. I'll leave you my number," says the chirpy yokel.

A few days later, the banker has a job for the handyman so calls him back and says, "I need my porch painting. I'll leave you the garage keys, so you can get to the paint."

"Righto!" replies the simpleton, and turns up the following morning to crack on with the job.

When the banker returns from London, he notices nothing's been done on the house.

Bemused, he calls the local. "Why haven't you done the job I asked you to do?" he yells, angrily.

Confused, the worker replies, "What do you mean? I gave it two coats of that paint you left! One thing, though – it's not a Porsche, it's a Ferrari!"

Rod Hunt, Skipton

Water surprise

Two blokes are down the pub, discussing how they occasionally treat their long-suffering wives.

"I love to pamper my missus after she's had a stressful day at work," says one bloke.

His mate enquires, "Oh yeah? What sort of thing do you do for her?"

"Well," starts the other, "I get her to text me when she's leaving so I can get the hot tap running, swirl the bubbles round a bit and have it ready the moment she walks through the door."

The listening bloke asks, "She likes a nice bath then, does she?"

"Bath?" replies the hopeless husband. "No, I just fill the sink and leave the dishes for her!"

Ross Charles, Matlock



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Win a PS3 & *CSI: Miami*!

The sender of this week's best joke* wins a Sony PS3 and a box set of *CSI: Miami – Season 8*, out now on DVD! All courtesy of Momentum Pictures.



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S!



dia.com or to the address on p72



Murray wouldn't retire until he'd won Wimbledon

Ace funeral

Two work colleagues are discussing their respective weekends, when one of them mentions that he went to his mate's funeral.

"How did he die?" asks his co-worker.

"He was hit in the face by a tennis ball," replies the mourner.

"Oh, how awful," says the other bloke.

"Nah, it's OK," remarks his workmate, "It was a lovely service!"

Gareth Wiggins, Portsmouth

Too cool for pool

At the swimming baths, a flirty woman says to a guy in blue swimming trunks, "Did you know that your eyes match your Speedos?"

He replies, "Why? Are my eyes bulging?"

Todd Carty, Leicester

FAMOUS BLOKES' JOKES!



JIMMY CARR:
"The biggest fashion blunder for men is short shorts. It takes a lot of balls for a man to wear tiny shorts – as you can see!"

MILTON JONES:
"Last week, I won Agoraphobic of the Year. Sadly, I wasn't able to collect my award!"



OMID DJALILI:
"This phone-hacking scandal just won't go away. Literally everybody I eavesdrop on is talking about it!"

ANDY PARSONS:
"Eastern Europeans are keen to work. We had a Serbian and a Czech who managed to win the Wimbledon Championship in two weeks. A Brit with the same qualifications has been unable to do it for 75 years!"

JASON COOK:
"Hypodermic and knitting – never mix these up, or you'll have two groups of irate people. Fortunately, both will be too frail to present any real threat!"



JACK WHITEHALL:
"I saw a benefit cheat recently. I went to *Glee Live* at the O2, and you know the one in the wheelchair? He got up and danced halfway through!"

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PLANE PLANK!

"Here I am, planking on a USAF C-130 Hercules!" **SAC Ad Macey, Afghanistan**



CHIMP PLANK!

"This is me, planking on a monkey dressed as a pirate. As you do!" **Jon, Birmingham**

PM PLANK!



"This is me, planking on the doorstep of a very important residence!" **Nyle, Cyprus**

BARGAIN PLANK!



"As you can see, I get bored at work very easily!" **Dean Sherwood, Kent**

PIGGY PLANK!



"A plank performing a plank on a pig!" **Anon, via text**

PLANK & CHIPS!



"I took the chance to do a quick spot of planking in a log chipper!" **Lee, Dunmow**

TRIPLE PLANK!



"A triple-decker plank on a crazy golf course!" **Tim Minnis, Clacton**

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THE TRUTH ABOUT SEX WITH... EMMA GLOVER

Nuts girls solve your bedroom bother!

Email questions to **thetruth_sex@ipcmedia.com**



I'm cheating in my head!

Sometimes when I'm with my girlfriend, I reach "closure" by thinking about my past girlfriends. Is this something that should be a worry?

Si, Addiscombe

I think everyone does it at one point or another, Si, so don't fret. But never tell your girlfriend or she'll think you still have feelings for your exes. Also, beware of saying someone else's name in your sleep – she'd be well within her rights to kick you in the balls!

I'm bald down below!

I gave my downstairs an all-over shave and it seems to be taking forever to grow back! Would a girl find a totally shaven willy a bit pathetic?

Sandy, Harrow

Hi Sandy! I think it's good that you're attempting to groom your soldier, but totally shaven might be considered creepy. No girl wants a bloke to be more groomed than her, so a trim's OK, but waxes and vajazzles are a definite no-no!

She's had loads!

My girlfriend's a "swallower" but I have to admit that the idea of her having glugged other blokes' loads is messing with my head. Am I just being silly?

Bryan, Camberley

Bryan, you can't worry about stuff like this because everyone's got a history! It's a case of mind over matter, I'm afraid. Obviously it'd be different if she hadn't cleaned her teeth since!

Being cutesy's off-putting!

Am I right in the belief that cutesy baby-talk in the bedroom is off-putting?

Sam, Filey

I find the whole cutesy thing very off-putting indeed. Try a bit of role-play instead if you want to really impress your girlfriend, but make it of the hot-sounding grown-up variety!

Nuts BABES' SEX TIPS!

No.48: "It's a fun little thrill to arrive for dates separately and flirt with each other like you've only just met!" **Courtnie**







NEXT TIME: SABINE ANSWERS YOUR LETTERS!

PHOTOS: ANGUS YOUNG

Nuts NEXT TOP MODEL!

ONLY IN Nuts!

Introducing the hottest new models – in their first ever *Nuts* shoot!



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Gracie!

Meet the 22-year-old, 32DD Brummie!

Hi Gracie! How does it feel to be starring in *Nuts* for the first time? Hiya! It feels good! I'm really chuffed because I've done loads of modelling bits before, but nothing as sexy as this!

What was your fave thing about the shoot? It was pretty sexy to do some shots wearing nothing but my high heels. I hope everyone likes them!

What other modelling have you done? I've done loads of lingerie modelling. I also did something for a B&Q catalogue once, which was a bit random!

Have you ever taken any actual DIY snaps of yourself? All the time! Ha-ha! I always take sexy pictures of myself!

Who's your favourite *Nuts* model? Emma Glover. Not only is she beautiful, she also has an amazing personality. Rosie Jones is another favourite, too.

What do you look for in a bloke? I used to like arrogant guys, but now I go for blokes who make me laugh out loud!

What are your best assets? I'd say my bum and my smile – that's what people are always telling me, anyway!

Got any future modelling plans? Yes! I'd like to go and do some stuff over in America next year. They go wild for sexy Brits!

And what would your ideal shoot involve? Emma Glover! It would involve wet hair, bronzed skin and a lot of baby oil!

Want more Gracie?

To see more Gracie in *Nuts*, text **MODEL** to **88088**. Lines close 15 Aug. Texts cost your standard network charge. You'll receive a free message reply. Telecom Express helpline: 0870 880 4869

INTERVIEW: SI CUNNINGHAM PHOTOS: NEIL FINN
HAIR & MAKE-UP: JOHANNA DALEMO STYLING: SPECIAL K

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Stardkegg.com

"I always take sexy pictures of myself!"



Brit hip-hop's finest on cider, music and *The Sweeney*!

Hi Plan B! We're on the set of the telly ad for Bulmers No.17. What's this all about? Hello *Nuts*! Well, today I've been asked to get involved in a campaign by Bulmers. I guess you could say I'm somebody who's not afraid to experiment and try different things and encourage people to do the same. So the theme is experimentation. The fact that I like the drink is a bonus!

What are you most experimental with in life? I'd say with mixing the genres of music and film, which should be a lot more evident when my new film comes out because it's proper drama but I'm making music, acting and directing, too.

We hear you've directed a film called *Ill Manors* that's due out soon. So can you tell us what it's all about? Its really, really complicated, actually. It's six short stories that all mix into each other, it's kind of like the hip-hop musical version of the film *Crash* but, obviously, set in London. It's got that multi-character, multi-story kind of thing going on. Each story will be represented by a different song, which will be performed by me. So it's almost a musical, but not a musical in the sense that *Grease* is a musical!

So there are no theatrical dancing routines? Ha-ha! No it's not like that. Musical wasn't the right phrase to use, it's more like what we'd call a "hip-hopera".

And what about your music. What have you got coming up? OK, the next thing I'm doing is *The Ballad Of Belmarsh*, which is the follow up to *The Defamation Of Strickland Banks*. It's a hip-hop album again, which is told through the third person by Plan B, who's narrating what's going on. What I hope to do with it is just tell some more parts of the story that I didn't get to do in the first album, musically and visually.



NUTS MAN!

I want to kind of get to a point where I have a visual and musical representation of every part of the Strickland Banks story so that the videos can all come together to make a feature film eventually.

You're dead famous now. What do people say when they spot you? It's nice because a lot of it is positive, although to be honest I don't think anyone would have the balls to come and be negative to me unless they were massive! I think its rude to go up to someone you don't know and say horrible things. I've met a lot of people on the celebrity circuit who I don't have much time for, but then you meet them and they're really nice people. You've got to judge people on how they are when you meet them and not on their chosen career path.

Where's the weirdest place you've been recognised? We were in America, trying to blag into a frat party. We were having no luck until this guy on the door recognised me and said he was my biggest fan. That's pretty weird for an American!

Have you been asked to advertise anything strange? Someone offered me money to go over to America for a chewing gum commercial. They wanted a UK rapper. My name was going to be Big Pack, and I'd have to dress in clothes and colours that represented the chewing gum. All I could visualise was me in a square, dumb chewing gum packet rapping in my British accent and some American chewing gum pack coming in smashing me to the floor. I turned it down!

You're a serious chap, but what tickles you? Whenever something funny happens, I never bloody remember it! So much good stuff happens to me that I forget specific things.

You're going to be in a movie version of ace '70s British telly show *The Sweeney*. Excited? I'm in a film with one of my heroes and probably my favourite British actor, Ray Winstone. I'm playing copper George Carter next to him, which is just a great opportunity for me and my acting. I started training with this trainer and in three weeks I've lost almost a stone. I've got four months to look like Brad Pitt in *Fight Club*!

Have you done any training with actual coppers? Not yet. I wanted to get in shape before I started doing any research. To be honest, though, I want my character to be fresh, so I don't really want to base it on someone. I want it to be how I'd be if I was a policeman. We want to reinvent *The Sweeney*!

We spoke to Ray Winstone recently and he said he was looking forward to it. Have you two become buds? It's been great meeting Ray and we have become mates, which is a dream come true. I've got him on my next album, rapping. It was one of the proudest moments of my music career! ■

Go to www.facebook.com/bulmersuk to take part in other experiments with Bulmers No.17

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"Ray Winstone is my hero!"

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NO PARKING!

Plonk your wheels at your peril!

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MIA!
Bummer! We knew hiring a car in the Bermuda Triangle was a bad idea! They all warned us, but oh no, we just wouldn't listen…

MAKE YER MIND UP!
So, does that count as you saying, "Oh, alright then, just this once?" Or will there be a separate sign? Well, now we're just confused!

SHAME ON YOU!
Yes, that's right, because in the event of a cardiac arrest, the first thing on your mind is finding a good parking spot, ideally nice and close to A&E!

BIBLICAL!
If you think traffic wardens are merciless creatures, see what happens if you plonk your motor here! Er, how do you treat a lightning burn again?

NOT EVEN US?
We'd never be able to live here, what with our regular cleaning and flower-arranging sessions. Nothing to do with the fact we eat pizza every day, obviously.

ANGRY!

StoreKeg.com

THE LAST CAR
AT PARKED HERE
STILL MISSING

NO PARKING
NOT 5 MINUTES
NOT 5 SECONDS
NOT AT ALL !

REPETITIVE!

JUST A SECOND?
Hang on! So, not even an hour? No? Fifty minutes, then? Oh. Well, how about just ten minutes? We're really not getting the hang of this.

NO PARKING!

VETERINARY HOSPITAL
PARKING
ONLY
ALL OTHERS WILL BE NEUTERED

ANIMALS!
Go to any city centre car park and they've pretty much got you by the balls anyway, but this brings a whole new meaning to it. Yikes!

PARKING NOT ALLOWED THIS SIDE BETWEEN SIGNS

COME AGAIN?
We're not quite sure what the owners of this garage are getting at. Any ideas? Nothing at all? Send your suggestions on a postcard, we're stumped!

PLEASE
NEVER EVER EVER
EVER NEVER EVER
NEVER EVER EVER
NEVER PARK HERE.

SWEARY!

If you Fucking Pa
rk here I'm going
To FUCK YOUR CAR
UP SO Just Don't
Park HERE!!!

PARKING ALLOWED THIS SIDE BETWEEN SIGNS

PARK WITH TIRES OFF PAVEMENT

NARROW MARGINS
"Park with tires off pavement"? If this sign is anything to go by, where your "tires" end up will be the least of your worries!

NICE HANDWRITING!
Why do we get the feeling that the bloke who wrote this is the same one who sends us weird messages about "knowing what we did last winter"?■

WORDS: S.CUNNINGHAM

LINGERIE ISSUE

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DANICA PRESENTS

THE LINGERIE ISSUE!

Ludicrously luscious ladies looking lovely in luxurious lacy lingerie!

Women's underwear baffles us! Or it did until we got some of *Nuts'* finest to tell us what turns them on, what lingerie they don't like, how much they have etc. Oh, and they posed for some very hot pics and helped us pick the sexiest celebrity lingerie lovers, too. The lovely Danica kicks things off... ➡

DANICA

Hi Danica! Thanks for introducing our sexy underwear shoot! So, what kind of lingerie do you wear? Hello! I'm pleased to be fronting such a hot shoot! I like lingerie to be understated and sexy, but classy, too. I love different kinds, so it depends on how cheeky I'm feeling!

Have you got drawers full of the stuff? Oh yes, definitely! I've got tons of lacy ones and brightly coloured ones, but also loads of sexy dark and gold colours, too. I've probably lost a lot of stuff in there over the years!

Does it always have to match? 100 per cent without a doubt! Underwear just feels and looks weird if it's not matching, and that's not what it's meant for!

Have you been given hideous underwear by a bloke? Surprisingly, no! All the blokes I've known have been good with their choices. I guess they've been paying attention to what the *Nuts* girls are wearing!

What's the biggest mistake blokes make when buying ladies undergarments? They always go too big and baggy on the pants! Girls like small, tight panties. Hopefully, after seeing this shoot, they'll know what to avoid in future!

What are your fave undies? That's a toughie! I'm into the small, cute stuff, so I have a little lacy number that I pull out on special occasions. I don't have pulling pants, though. All my lingerie is nice and sexy, so I like to think it's all lucky!

Does a bloke's underwear matter? In general, it doesn't matter to me as much as what I'm wearing, but I reckon a guy should wear nice, tight boxers, and avoid skanky Y-fronts! Just keep it nice and simple, like a nice pair of black Calvin Kleins.

Have you ever caught a chap trying on your underwear? No, thank God! I honestly think I would kick a bloke out if I found him wearing my undies. I know guys who do that kind of thing, but I'd just be freaked out by it.

Do you ever go commando? It's not something I'd normally do because I like nice lingerie, but if the dress required it, I'd certainly consider being a bit naughty. I know some blokes think crotchless panties are sexy, but most girls aren't into them. I think they're a bit seedy!

Do you always wear undies in bed or do you go naked? Ha-ha! I'm not answering that! It's too rude. I'll leave it up to your imagination…

What was the last weird dream you had? I had a wicked one the other day. My dog Willy, who I always seem to mention in interviews, was talking to me like a human. He's the cutest dog in the world and I got to ask him questions like, "Do you love me?" and he said, "Yes!" Ha-ha!

Finally, how often do you buy undies? Once a week! I prefer really sexy expensive ones like Agent Provocateur or Victoria's Secret. Oh God, yeah! Slip that in and maybe I'll get sent some free ones! Ha-ha!





INTERVIEWS: SI CUNNINGHAM PHOTOS: LARRY STEINBACHEK, CELEBRITYPICTURES.CO.UK, SPLASHNEWS.COM, SCOPEFEATURES.COM, PLANETPHOTOS.CO.UK, ALPHAPRESS.COM, XPOSUREPHOTOS.COM STYLING: SPECIAL K HAIR & MAKE-UP: LISA HARRIS, SALLY CAIRNS WITH THANKS TO ANN SUMMERS

FloridaMags.com



"Girls like small, tight panties… I don't have one lucky pair. It's all lucky!"





"I like bras that don't look like cannonball holders!"



EMMA

Hi Emma! How are you enjoying the sexy lingerie action? Hi! I'm loving it! It's hard for me to find bras that don't look like cannonball holders! I try to look for nice girly underwear that'll fit my big boobs in. I've hundreds in my collection now!
Does that include some hideous ones that blokes have bought you? No, I've always been lucky! Not many fellas have bought me underwear because they know how fussy I am! One boyfriend bought me some Superwoman pants, which I thought was cute!
What are your favourite undies? I have a really sexy matching bra and panties from Victoria's Secret that I wore the last time I was in *Nuts*. It was for the *Apprentice* shoot, so I had that sexy secretary vibe going on!
Does it matter what sort of pants a bloke wears? It doesn't really matter to me, as long as they're not old and covered with holes. That's a mega turn-off. I like my man to wear Calvin Klein ones or designer pants...
What if he was trying on your knickers? Would that freak you out? I'd be freaked out if he was trying it on when I wasn't there! But if he was doing it in front of me and messing around, I'd think that was quite cute!
Have you ever done an outdoor underwear strip? I once went on a girl's holiday to Kavos and had a big group skinny dip. That was probably the most fun I've had slinking out of my underwear!
Are you looking forward to the return of the football season? I'm not that fussed about it! It might be more entertaining after all the footballers have been misbehaving, but I'm not super excited about the actual start of the season...
Fair enough! Finally, what one thing can you not live without? Oh, chocolate. It's really sad because my favourite chocolates are Mini Eggs, but they're seasonal. Can the readers write in and ask for them to be made year-round? Ha-ha!

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ROSIE

Hi Rosie! So, what kind of lingerie can't you live without? The sexiest kind of lingerie is lacy see-through stuff, and French knickers! I have so much of the stuff because every time I do a Page 3 shoot they make me buy my own pants!

Does that mean your drawers are bursting at the seams with panties? They're taking over my life! I think I'll sell them all one day and give the cash to charity!

Do bras and pants have to match? I worry about that, because people say you should always wear a nice matching bra and panties set in case you have an accident and need to go to hospital! So, yeah, I always try to match.

Has a fella ever bought you any shocking undies? That's never happened, which I'm glad about. I'd have to pretend that I liked them not to hurt his feelings.

Do you have lucky pants? All my pants are lucky! I think it's just boys who have lucky pulling pants.

What's the weirdest thing you've seen a bloke wear downstairs? Holey grey kids' pants! Also, I'd find it a bit strange if they were wearing no pants at all! What's that all about? It must just chaff, surely?

Do you ever go commando? Not every day, but sometimes you just have to ditch the pants and feel the breeze! But not if the dress is see-through!

What advice would you give to a bloke buying underwear for his lady? Do your research! What she already wears will be a good indicator of what to buy. But be discreet! If she catches you rifling through her drawers, she might think you're a pervert!

Finally, where do you reckon a chap should do his knicker shopping? If he's got money, go to Agent Provocateur, but if not then something nice and frilly from La Senza should do it. Don't go too far out to start off with, or you'll scare her off. No crotchless panties or nipple tassles until she's comfy! ➡



RHIAN

Hi Rhian! What sort of lingerie floats your boat? Hiya! I like sheer lingerie. Normally black because it goes better with my blonde hair. I'm into underwear that shows your nipples, because it looks really sexy and it feels good, too!

And are we talking matching stuff here? I'm quite lazy so it's rare that my bra and knickers are matching! Often I might be wearing a sexy sheer bra, then cheeky boy pants downstairs!

What about lucky pants? My Superman ones! They've got the Superman logo on the front, I have them in about five colours, and they make my bum look amazing! I also have a lucky pair of pants. They're little black panties that say "Grumpy but gorgeous". They've got me a few good jobs and I've met some nice guys while wearing them, too!

Why do boys always make a hash of underwear buying? Boys always get the size wrong! One bloke bought me a GG-sized bra! It would have wrapped around my head twice. Guys should stick to buying vouchers!

What if a fella bought you some crotchless panties? Would that be cool? For special occasions I think they'd go down well! It's not really my thing, but if there's an extra sexy night planned for the bedroom, they could be a welcome addition...

How many pairs of pants do you own? In my job, my knickers are my uniform, so I have bin-bags full of them! I have to buy new ones every week. Maybe I should just wear them 24/7!

Where's the wildest place you've been caught in your bra and pants? I can't say I've ever streaked properly! I've been known to whip my top off on rollercoasters and show everyone my bra, but nowhere else. I'm going to give it a go and send *Nuts* the evidence!

Finally, have you been up to any daring adventures recently that you can tell us about? I swam with sharks! I know it's not the sexiest thing in the world, but it was amazing! And on the same day, I did a skydive, too! I think I was definitely wearing my Superman pants that day!



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COURTNIE

Hi Courtnie! What sort of lingerie is your favourite? Hiya! Well, I'm quite fussy, but I virtually live in black pants and bras. I like classy sheer lingerie and on special occasions I pull out the stockings, suspenders and high heels!

Can a girl have too many pairs of knickers? No way! I have two drawers full and an assortment to match every mood! Sometimes I feel like a cheeky thong, and other times I like to lounge in my boy pants.

What about when you're in the mood for something sexier? I love my French knickers. They're really sexy to look at and they make a girl's bum look incredible. Plus they're comfy, too. If I could get away with being in nothing but my Frenchies all day, I would!

Do you have lucky pants? I like my boy pants. I used to wear them in exams, and when I'm feeling down they cheer me up. But on a night out I'll wear something far, far sexier!

What's an underwear turn-off for you? Oh my God, old white pants that have gone musty and lost their colour! I'd rather a fella wore nothing at all!

So it's acceptable for us blokes to wear nothing downstairs? Yeah, that's cool. I used to go commando all the time! I would never dare do it with a skirt on, but definitely under jeans or leggings. It can feel really nice!

Finally, do you ever sleep naked? Always! I have the hottest room in the world so I always end up taking my pants off. I have to sleep with the fan on constantly, too! ➡

"I go commando all the time. It can feel really nice!"

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BEYONCÉ

Buy Beyoncé's new single *The Best Thing I Never Had*. Why? Because she wears this in the video, so we want to keep it on heavy rotation!

BILLIE PIPER

There's a reason we tuned in to ITV2's *Diary Of A Call Girl*, and it wasn't because of its gritty realism and high production values.

AMY CHILDS

In the grand scheme of things, Amy's pants are quite big. But make no mistake – hefty granny-pants they definitely ain't!

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JORGIE PORTER
Normally, when you turn your back on someone, it's considered rude. Well, for some reason, we're willing to forgive Jorgie for it.



KELLY BROOK
Kelly was practically made to rock fancy underwear, which is good, as it's something that she does quite frequently. Hurrah!



PEACHES GELDOF
Some unkind people say that they don't know what Peaches actually does. We say: in pants like this, she doesn't have to do anything!



MEGAN FOX
Dear whoever decided to remove Megan from the cast of *Transformers 3*, you are an imbecile. Our evidence? Pictures like this one. ➡

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JENNIFER METCALFE
You don't get to be a *Nuts* cover star by wearing bogging undergarments. And these are most assuredly non-bogging.

KATY PERRY
Only Lady Gaga can challenge KP as pop's most undies-friendly star. Katy shades it for us as she isn't madder than a box of frogs.

MEL B
Mel was in a pop music combo. Then she became an undercrackers model. Pop's loss is undercracker modelling's gain.

GISELE BUNDCHEN
What you are seeing here is a very persuasive argument for why Brazilian babe Gisele is a *super*model and not just the regular kind.

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TAMARA ECCLESTONE
It must be ace being Tamara. For one thing, you look like this. For another, you're minted and you get to wear fancy pants for a living!

ROSIE H-W
You know how we said that whoever fired Megan Fox from *Transformers 3* was an imbecile? Well, maybe we were a little hasty there…

NICOLE SCHERZINGER
As one of the Pussycat Dolls, Nicole will be used to rocking extravagant undies. We're enjoying getting used to it, too. ■

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Nuts SPORT

STRONG AT THE BACK, EVERY WEEK!



Man Utd vs M

Manchester kingpins chat to *Nuts* ahead of this weekend's



Vidic had just given him a wedgie

Rio: 'City are a threat!'

Hi Rio! Are you all set for another stupidly tense Premier League season? We can't wait! The lads are really excited about getting stuck in again. We genuinely believe we can be champions again!

Are you favourites? We have to believe so, yeah!

But despite winning the Premier League, did losing to Barcelona in the Champions League final leave a bit of a sour taste? It wasn't nice, no, but I think there also has to be a bit of perspective. We had a great season – winning the title and getting to a European final is an achievement in anyone's book.

So what about your "noisy neighbours" Man City? Can they challenge this season? With the players they have and the money they've spent, you have to say yes. As far as other challengers go, you have to look at Chelsea, who know how to win the league, and also Arsenal, who'll be there or thereabouts. Stick Liverpool into the mix too because they seem to have turned a corner and have been active in the transfer market.

So there are at least five potential title winners? Yeah, but we back ourselves. We've added real quality to the side – young players who can keep the squad fresh and the older lads on their toes. The manager's brilliant at spotting areas where we need to strengthen but also at getting in the right kind of characters. You need to be a certain kind of person to be a United player.

Which is? You have to be hungry year after year. If you play for United, you're clearly talented, but the pressure here's about winning things. You do that by having drive and determination.

You were plagued by a series of injuries throughout last season. Is your body telling you it's time to slow down? I was unlucky with my calf injury. My back, which I've had issues with, was fine but then something else went. I don't think it's to do with age. I'm as fit and as motivated as ever!

What do you say to people who claim an efficient United side won the 2010-11 title because the overall standard was low? That's up to them. We just win trophies and it's not by accident. It's a habit. What we've achieved has been down to hard work.

So United retaining the title is a done deal? Not at all! The days of one side running away with it are long gone. Last season, it went to the wire and it'll probably be the same this time. What I'm saying is, United sides know what it takes. That gives us huge confidence. And with our history, our fans wouldn't expect anything less!

"Argh! I trod on an upturned plug!"

Yaya: 'We aim to win the Premier League!'

Hi Yaya! Is this the season where City show their title-winning quality? Of course! Last season was about finishing in the top four. We didn't set out to just do that, we wanted to be even higher, but we have to be satisfied with that. This year we want to go all the way.

Is it a bit early to be talking about City as potential champions? We expect great things of ourselves and one of our goals is to win the title.

City get criticised for spending huge amounts of cash. Fair or unfair? We're in a marketplace and are fortunate to be able to attract big players. Why should we apologise for this? If you ask the City players, they came here for the challenge and the opportunity to build something special.

How important was winning that first trophy, the FA Cup? The FA Cup gave us belief and confidence. It helped us come together as a unit. I hope people will look back on that victory and say this is where the beautiful journey really started for us!

What about City's rivalry with Man United? Can City get the upper hand? A lot is made of the competition and this is good for the fans, I think. As players, we're aware of the passions and want to represent our supporters' desires. But Manchester United are just like Chelsea, Arsenal and Liverpool – they're all teams who stand in the way of our ambitions. These are all clubs we need to overcome.

So what can we expect from City this year? Improvement and development – this is a big season for us. We're in the Champions League and we want to win the league. The possibilities are endless!



Man City special!

Showdown!

Community Shield
Sunday 7 August, 3pm, Sky Sports 1/HD

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NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_burnett@ipcmedia.com



What was going through Italian swimmer Gregorio Paltrinieri's head when he got this new haircut? Maybe it's some revolutionary new style for the pool, or perhaps he's just a bit of a berk!



Edurne Garcia Almagro!

It's little wonder Man United's new goalkeeper David de Gea has a safe pair of hands. Who'd want to let this beauty slip through them? Meet lovely Spanish songstress Edurne Garcia Almagro!



Liverpool's Andy Carroll proves there's just no end to his horrific hair growth! The striker's clearly decided that a caveman-style beard's the perfect accompaniment to his awful ponytail!



Three-time Tour de France winner Alberto Contador fails to see the funny side when a fan dressed as a doctor gives him a check-up. At least he can give boxing a go when he quits cycling!

WORDS: TIM BURNETT PHOTOS: SPLASH NEWS, GETTY IMAGES, PA PHOTOS, SPORTIMAGE

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Nuts EXCLUSIVE!

Broad: 'We want to be the best!'

England's quickie talks to *Nuts*!

Hi Stuart! What a Test series this is proving to be! It's been everything the players and the fans were hoping for – great cricket between two excellent sides. The interest from the supporters has been incredible in particular. Almost like an Ashes series!

Do England possess the firepower to win the series? Our bowling unit is on fire right now, and we've also got some great strength in depth. Jimmy [Anderson] is the best swing bowler in the world, [Chris] Tremlett has proved himself to be a brilliant Test bowler and in Swanny we've got the best spinner around. Now, thankfully, I'm starting to contribute as well, so we really believe we can take 20 wickets against any side.

What do you put your own improved form down to? Hard work. It was the first time in my career that I'd experienced a dip in form and I'd be lying if I said it wasn't difficult. It's a different mindset you have to get into – you say to yourself, "Keep going. It'll come right if you put the work in." And, thankfully, it did!

Did you ever think you'd be dropped because of your form? I didn't really, no. The team have always been supportive. I spent months out injured which inevitably set me back and, anyway, I wasn't bowling that badly, I just needed some luck.

You've been back in the runs, too! I was especially pleased with my efforts at Lord's. Having got a first-baller in the first innings and with the team in trouble in the second, I was under a lot of pressure. But, together with Matt Prior, we turned the innings around. We played good, positive stuff and reaped our rewards. I love batting with Matt, he's a genuine class act.

Do you see yourself becoming an all-rounder? I believe I can score runs at the highest level. I'm never going to be an Ian Botham, but who is? I can only do my best with bat and ball, although there's definitely more to come from my batting.

Are you trying to be more of a good boy these days? I've always been competitive and sometimes I show my emotions. It's not about disrespecting the opposition – although you want to make it as uncomfortable as possible for them – or the umpires. In fact, I have complete respect for umpires and the job they do. Sometimes, I think it's OK to ask them why they made a decision, though.

Finally, any predictions for how the series will pan out? I know the Indians, with their iconic cricketers, will come at us hard. They haven't become number one without playing brilliant cricket, consistently. Our goal is keep at them, ball after ball, session after session. I'm confident we can win the series and get ourselves to where we want to be. We want to be regarded as the best side in the world!

PHOTOS: GETTY IMAGES



KAMMY!



He's the voice of the fans – and he's only in *Nuts*!

ONLY IN Nuts!

Championship football is back!

The Premier League may be the most exciting league in world football, but the Championship isn't far behind! The players, the stadiums, the passion and the sheer unpredictability of the matches make it a must! Here's why you should check out the Championship!

SUPER HOOPS!

"All together: 'Flash! Ah-aaah!" No, wait it's the other Queen song, isn't it?"



"Bugger, I'm looking the wrong way aren't I?"

THE CLUBS

"Just look at the names in the league table! Leeds, West Ham, Nottingham Forest, Birmingham, Middlesbrough, Portsmouth… there are some huge clubs in there!"



"Training? No, no, that will get my lovely tracksuit dirty!"

THE MANAGERS

"Former England coaches, Sven-Goran Eriksson and Steve McClaren are there! Plus Sam Allardyce, Chris Hughton, Ian Holloway and Gustavo Poyet. A fantastic group!"

PHOTOS: GETTY IMAGES, AMA, ACTION IMAGES, PA PHOTOS

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"Take the pic! We're a cert for Stealth Bumming Corner!"

THE RIVALRIES

"Southampton vs Portsmouth, Derby vs Nottingham Forest… There are tasty derbies to look forward to, but the highlight is Millwall vs West Ham. Expect an early kick-off!"



"Does that flag mean that the Queen's in or not?"

THE FANS

"No prawn sandwich brigade here! Leeds, Leicester and Derby get home crowds of 25,000 and the Championship is the fourth best supported league in Europe!"



"Sbobet? No, I've no idea how you pronounce it either"

THE PLAYERS

"Lads like Adam Lallana and Alex Oxlade-Chamberlain are worth watching. There are established players, too. Kevin Nolan (left) has moved down a division to play at West Ham."

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Chris' crystal ball!

Chris predicts the week's big games!



1 HULL VS BLACKPOOL
5 AUG, 7.45PM, SKY SP1/HD

"Blackpool may have a relegation hangover and Nigel Pearson's Hull will be hoping to start the season with a home win. It's just too tight to call!"

KAMMY SAYS: 1-1

2 DERBY VS BIRMINGHAM
6 AUG, 3PM

"I think Birmingham may struggle at Pride Park. They've lost a lot of their key squad members and Derby will be really up for the fight."

KAMMY SAYS: 1-0



3 WEST HAM VS CARDIFF
7 AUG, 1PM, BBC1/HD

"Big Sam will want a win to hit the ground running to get the fans onside and I can see him doing it here. The man plays winning football!"

KAMMY SAYS: 2-1

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!



Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

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HOW TO PLAY

- **The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.**
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- **The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.**

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!



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Lawro's top five signings!

The *MOTD* man on the best transfer buys!

With the new Premier League season on our doorstep, we thought we'd enlist the help of Mark Lawrenson to help us sort the Alan Shearers from the Andriy Shevchenkos!

Mark Lawrenson was talking about the new season at the Kinect Sports for Xbox 360 football event at the Sports Café, London.





ASHLEY YOUNG

Aston Villa to Man Utd

"Young's a top player who'll only add to United's options on the wing and up front. He can play wide left, wide right and in the hole behind the strikers and is a great addition who'll create and score goals."



GERVINHO

Lille to Arsenal

"Gervinho's a decent striker and has scored a hatful for Lille in France. I think the Ivory Coast man will be an important part of the Arsenal frontline and could link up well with Robin van Persie."





CHARLIE ADAM

Blackpool to Liverpool

"Charlie Adam is the best buy my old club made. He shares the same passing range as Xabi Alonso and can sit in front of the back four allowing Steven Gerrard to get forward and link up with Luis Suarez."



DAVID DE GEA

Atletico Madrid to Man Utd

"The young Spaniard's a very talented keeper who could fill the No.1 spot at Old Trafford for the next ten years – if he can deal with the language barrier and the physicality of the Premier League!"



STEWART DOWNING

Aston Villa to Liverpool

"Downing's a good professional who was fantastic for Aston Villa last season. He'll give Liverpool a lot of width down the left and deliver the sort of balls Andy Carroll will thrive on."

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PHOTOS: GETTY, AMA

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RING OF TRUTH!

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Sport seen through the *Nuts* comedy glasses!

EAR ACHE!

"My headphones aren't working again!"

Drinking problem!

"I've gone through three bottles and I'm still thirsty!"

"I've got the ball! I've got the ball! I've... Bugger!"

SPLASH!

BOTTLED!

"Aargh! Forgot I'd dislocated that finger!"

LOW FIVE!

CHILLING!

"They'll grow if I water them every day, right?"

"I don't care if it's his birthday. Give him the bumps after the game!"

GRABBED!

FISHY!

"Lads? I think this one's still alive!"

MAN-L♥VE CORNER!









WORDS: TIM BURNETT PHOTOS: GETTY IMAGES, PA PHOTOS, ACTION IMAGES, SNS, AMA, CLEVA MEDIA, SPORTS PHOTO, SPORTSIMAGE, REX, OFFSIDE

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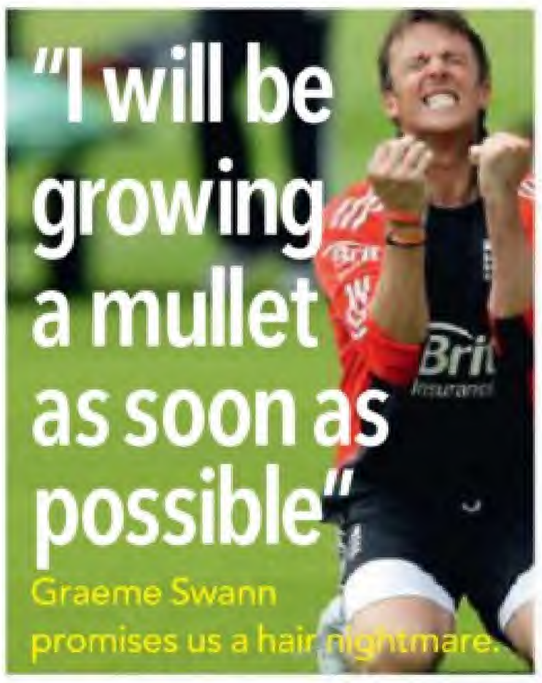
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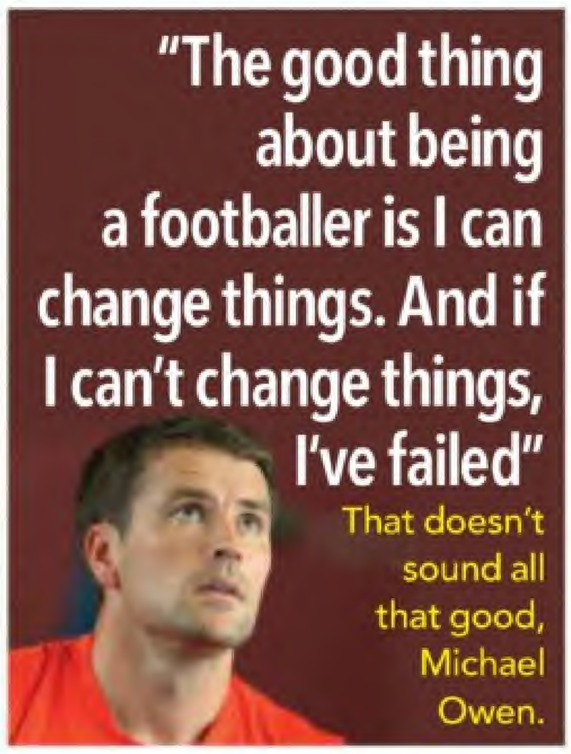
'QUOTE ME ON THAT!'

This week's biggest match debaters!



"I will be growing a mullet as soon as possible"

Graeme Swann promises us a hair nightmare.



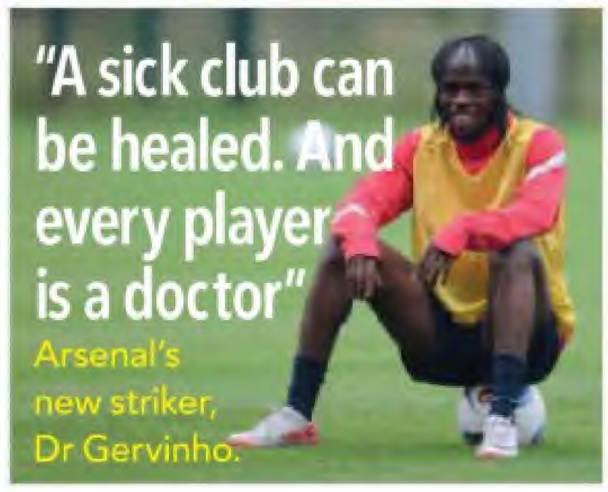
"The good thing about being a footballer is I can change things. And if I can't change things, I've failed"

That doesn't sound all that good, Michael Owen.



"Nani and Macheda are like a married couple – they argue all the time"

Rio Ferdinand lifts the lid on a domestic.



"A sick club can be healed. And every player is a doctor"

Arsenal's new striker, Dr Gervinho.

"Anderson wears the worst footwear. Some days he comes into training in a pair of slippers"

Rio on the laid-back Brazilian.



"Ed Miliband is a helmet"

Joey Barton fancies himself as the new Jeremy Paxman.

"When I came back from pre-season, I said to my players, 'I didn't think any of you would be here'"

QPR boss Neil Warnock doesn't fancy his squad.



"I wouldn't say the batsman is getting a taste of his own medicine, but he's got a nasty taste of it in his mouth"

Mark Nicholas says it anyway.



"Neymar's strength is his strength"

Gordon Strachan, keeping it strong.



"Individually, we were great collectively"

Individually John Terry makes no sense.



"When it came to penalties at the Women's World Cup we should have picked those guys"

Martin Keown on some manly female players.



"It just shows that size doesn't matter, Martin"

Gabby Logan consoles tiddler Martin Keown.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Perez always likes to go out and pump it"

Martin Brundle on the F1 sex machine.



"I wanted the young Danish lad to show me his quality"

Sky pundit Peter Taylor on a disappointing evening.



"Stuart Broad has got good length"

Cricket commentator Michael Vaughan must have seen him in the showers.

"In the hotel, we've got a convention of old ladies so I might sit and have a go on the raffle"

Newcastle boss Alan Pardew's plans for a big night out.



COMPILED BY: GRAHAM WRAY PHOTOS: GETTY IMAGES, BACKPAGE IMAGES, ACTION IMAGES

Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!

BEDROOM BABE!

RACHEL 20, Manchester, student

"My sexiest outfit would definitely be my red lingerie set with high heels! Red is so sexy!"

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FEATURE TITLE
ACTUAL IN-GAME SCREENSHOT

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PKR let's play

BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

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Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!



Jamie
21, Surrey, beautician
"My cheekiest outfit is my schoolgirl costume. It makes me feel really naughty!"

Emma
20, Durham, student
"I pole dance to keep myself in shape! I'm a bit of a dancer on weekends, too!"

Barbie
24, Llanelli, sales assistant
"People always tell me they like my curvy bum and 24-inch waist! What do you reckon?"

Samantha
23, Glasgow, care assistant
"I'm wild! I don't play by any rules or worry too much about what other people think!"

PAGES 64-67: PHOTOS: NADIA KWIS. STYLING: GEORGIA LACEY. HAIR & MAKE UP: JO ADAMS

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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REAL GIRLS, REAL PLACES!

ONLY IN Nuts!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:
Name: Carrie-Roslyn
Age: 23
Boobs: 30C. "They make me feel sexy!"
Likes: "Tattoos!"
Ever kissed a girl? "Yes! For a dare!"
Strangest place you've had sex? "In a hot tub!"
Sex tip: "Kiss my back!"

Carrie-Roslyn's curvy guide to Newton Abbot

Another place, another hottie!





Carrie-Roslyn on... her home!

"We're in Devon. There are lots of cows and sheep but not much else, so I head into Torquay for a night out!"

Carrie-Roslyn on... undies!

"Girls have lots of underwear but we buy sexy undies to wear for our boyfriends. It's meant to be seen!"

Carrie-Roslyn on... boobs!

"I'm a 30C. I like to show off a bit of cleavage when I'm out. My boobs make me feel sexy, and boys like talking to them!"

Carrie-Roslyn on... her diet!

"I drink peppermint tea, I eat McDonald's, I don't exercise and when the girls come over, we have a pizza each!"

Carrie-Roslyn on... her bum!

"I'm not a big fan of my bum, but guys seem to like it! It gets compliments. Girls like my hair, guys like the whole package!"

PHOTOS: ELLIS O'BRIEN

Carrie-Roslyn on... the girls!

"When the girls come over, we start at lunchtime. We open the wine, do each other's hair and only go out at ten!"

"Girls like my hair. Guys like the whole package!"

Carrie-Roslyn on... her hair!

"I was blonde for years but this is my natural colour. I don't mind being called fiery or passionate, it's all true!"

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Nuts

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BACK ISSUES For all *Nuts* back issues, call John Denton Services on 01733 385170, fax 01733 239356

LADIES CONFESS!

100% REAL STORIES!

TO OUR SECRETARY!





CONFESSION OF THE WEEK!

'He bent me over the table'

I've been working for the last few years as a physio at my local rugby club. One night, I had to give a rub-down to one of the players with just the two of us around. Rubbing up the inside of his thigh near his groin, my fingers kept brushing against his balls. I couldn't help but leave my fingers there, and he let out a sexy groan as I did so. Noting his excitement, I carried on rubbing until he couldn't take any more. He turned over and pulled me forwards, kissing me full on the lips. I couldn't bring myself to stop him, and the next minute my knickers were round my ankles as he bent me over the table! The clubhouse is right next door and the fear of being caught turned me on even more!

Ceri, by email

'I got down on my knees'

My friend and I were on a caravan holiday in France recently. There were loads of sports to do each day and the two guys running the activities were pretty tasty. After a few days of flirting, we joined in on the mixed game of footy. I tackled someone a bit hard, and the fitter bloke, who was the ref, called me over. He acted like he was telling me off when actually he was asking me to meet him in the changing rooms after the game. Later, I knocked on the referee's door, and there in the shower stood my guy, naked, soapy and very hard. He told me to take my dirty kit off and climb in. I immediately got down on my knees and began to blow him, grabbing his pulsing shaft between both hands. We stayed under the water until it ran cold. Meanwhile, my friend had a great time with his mate later that night! It was definitely our best holiday yet!

Donna, by email

'We had an audience'

Me and my fella recently decided to go on a day out to the Yorkshire Dales. The more deserted it got, the naughtier I felt, and we couldn't resist nipping behind a bush for a bit of oral! We then came across this beautiful waterfall and stood admiring the view. My man soon had other ideas and dragged me to one side, hitching up my skirt and pushing his throbbing erection deep inside me. Spooked by voices, he ordered me back to the car so we could continue our saucy fun. He jumped straight in and stripped off. I couldn't wait to join him and within seconds, I was on board and riding him hard. Chewing on my nipples, he glanced to the left and let out a gasp as he realised we had an audience of people watching from their cars! But I just turned my head and carried on, letting my body reach full throttle as I came all over him!

Layla, Leeds

'He grabbed our vibrator'

My boyfriend and I were staying at his grandparents' one weekend. The house was an old cottage and the walls were paper thin, so we knew we had to be quiet in bed. We started kissing and stroking each other, grinning but not uttering a sound. As his mouth found my nipples and started biting and licking them, I felt my body flush and gave a little wriggle. As his fingers moved down and inside me, I struggled to stay quiet. He then grabbed our vibrator and pushed it back and forth inside me. This drove me crazy and when he slipped a finger into my bottom, I couldn't take any more and let out a huge moan. I hope nobody heard, but I'm sure they could guess what was going on!

Jane, Richmond

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

ILLUSTRATION: NICK PURSER/FOLIO ART
*EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS APPLY

Nuts FASHION

Take cover to beat the breeze and keep your cool!

10 windcheaters

UMBRO £50
This one has a cool inside-out look to it!

ADIDAS ORIGINALS £55
You can always rely on Adidas for classic gear.

ONITSUKA TIGER £72
This jacket rocks a foldaway hood.

NICKELSON £50
Easy, buy this one online.

BOXFRESH £55
Here's our favourite – bang on trend with the purple and yellow!

STOCKISTS: RIPCURL: WWW.RIPCURL.COM. **BOXFRESH:** WWW.BOXFRESH.CO.UK. **55DSL:** WWW.55DSL.COM. **ORIGINAL PENGUIN:** WWW.ORIGINALPENGUIN.EU. **UMBRO:** WWW.UMBRO.COM. **NIKE:** WWW.NIKESPORTSWEA

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Nuts REVIEWS

DVDS/BLU-RAY!



Writer/director James Gunn began writing *Super* in 2002

SUPER
DVD & BLU-RAY CERT 18



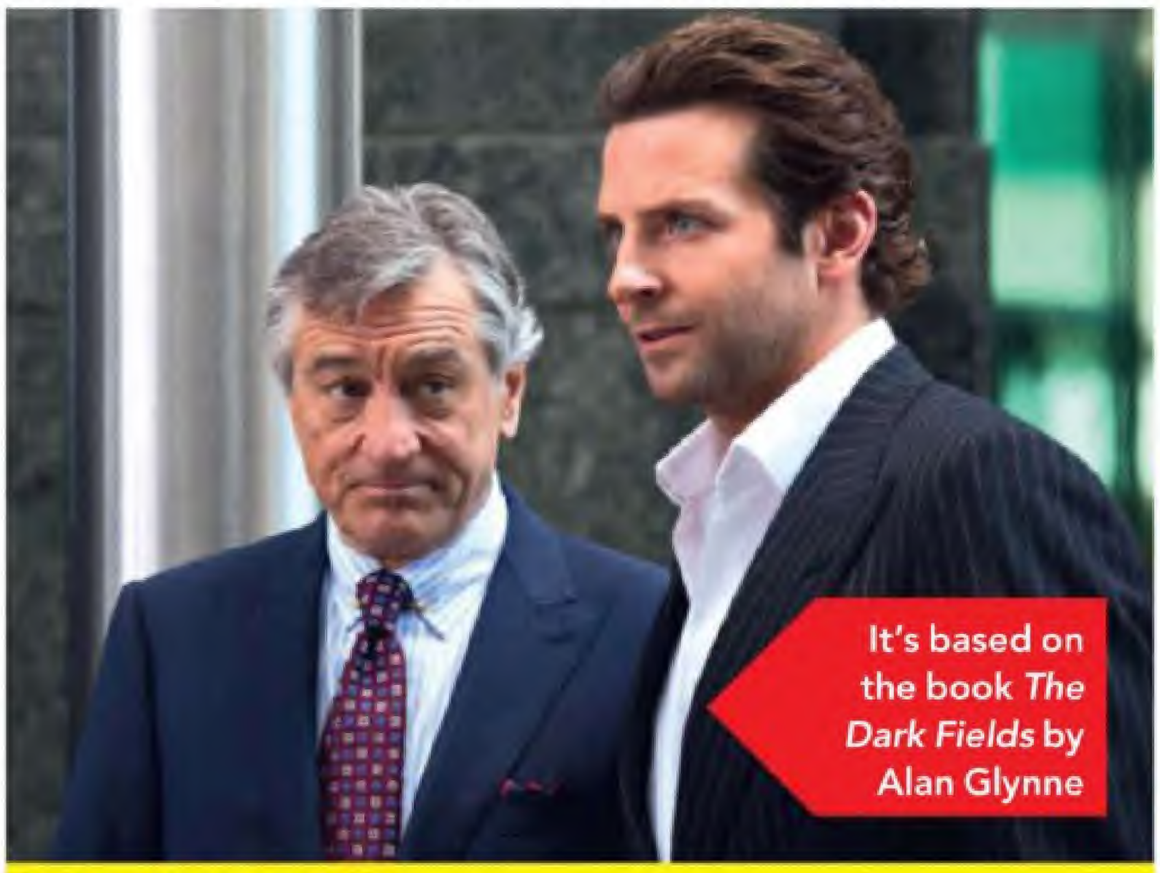
American *Office* star Rainn Wilson stars as a normal bloke with a sideline as rubbish, wrench-wielding superhero the Crimson Bolt, who sets out to rescue his missus (Liv Tyler) from the clutches of drug-dealing strip club boss Jacques (Kevin Bacon). If you think it all sounds a bit similar to *Kick-Ass*, you'd be right but while it's hardly the most original film of the year, it's still one of the funniest. ★★★★



FASTER
DVD & BLU-RAY CERT 15



Dwayne "The Rock" Johnson's ex-con is out for revenge after his brother's death. Breathlessly paced gun-toting actioner. ★★★★



It's based on the book *The Dark Fields* by Alan Glynne

LIMITLESS
DVD & BLU-RAY CERT 15



The Hangover star Bradley Cooper plays a down-on-his-luck writer who pops a newly developed pill to give him super-human abilities. It leads to a meteoric rise to the top of the financial world and the attentions of business mogul Robert De Niro, but he doesn't bank on the brutality of the comedown. An excellent, high-concept thriller, also starring hotties Anna Friel and Abbie Cornish. Nice! ★★★★

SUBMARINE
DVD & BLU-RAY CERT 15



Ace coming-of-age comedy set in '80s Wales as a 15-year-old schoolboy tries to lose his virginity. Lots of heart, lots of laughs. ★★★★

CAMELOT: SERIES 1 BOX SET
DVD CERT 15



The fantasy drama starring hottie Eva Green's been axed after just one series. Grab this, then, and you know you've got the lot. ★★★

APPS!



SKY GO
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Subscribe to Sky Sports 1 and 2? Get hold of this, then – it lets you watch all five Sky Sports channels and Sky News on your phone. And it's free! ★★★★★

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MUSIC!



ERICK MORILLO
SUBLIMINAL INVASION



Legendary DJ-producer chappy hurls together big tunes from his equally legendary Ibiza gig at Pacha. ★★★★

CHER LLOYD
SWAGGER JAGGER



Normally, we don't do singles, but we simply have to say how planet-destroyingly awful this is. Little lady, you are not a talent! Got it? ★

WORDS: DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE

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Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



JJ Abrams' next *Star Trek* film is due in 2012

SUPER 8 CERT 12A

JJ Abrams follows up *Cloverfield* and *Star Trek* with an ace sci-fi adventure. Inspired by producer Steven Spielberg's *ET* and *Close Encounters*, the *Lost* creator sets his story in small-town America in 1979. Abrams delivers a master class in suspense and action carnage as a gang of kids shooting a zombie movie on a Super 8 camera film a train crash and stumble upon a government plot to keep an alien discovery secret. Awesome! ★★★★★





KNUCKLE CERT 15

Hard-hitting insight into the brutal world of bare-knuckle boxing in Ireland's traveller communities. It's mental! ★★★★



THE REFEREES CERT 15

Behind the scenes at Euro 2008 with world-class referees such as Howard Webb and Pierluigi Collina. Are you blind, ref? ★★★

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Nuts TV

The curtain-raiser to the week's top telly!

Nuts! 7-DAY TV LISTINGS GUIDE!



MONDAY

Sword-waving comedy!

Your Highness **Sky Box Office/HD, From 6am**



MONDAY

Vic and Bob return!

Shooting Stars **BBC2, 10pm**



WEDNESDAY

International footy!

England vs Netherlands **ITV1/HD, 7.30pm**



SUNDAY

Community Shield!

Man United vs Man City **Sky Sports 1/HD, 2.15pm**

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FRIDAY 5 AUGUST

TODAY'S MUST-SEE TV PICKS!



Alan Carr: Chatty Man

Channel 4/HD, 9.30pm

CHAT Mila Kunis and *The Inbetweeners* lads are the guests on a corking final show in this series! ★★★★



The Rob Brydon Show

CHAT **BBC2, 10pm** The Welsh comic meets Bruce Forsyth, who was supposedly quite funny once but now presents TV's campest show. Sophie Ellis-Bextor also makes an appearance. ★★★



Chris Moyles' Quiz Night

Channel 4, 10.35pm

CHAT Tonight's guests include comic Kevin Bridges and Hollywood star Cuba Gooding Jr. Quality! ★★★★

BBC One

6am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show
Topical stories.

7.30 The Good Cook
How to enjoy restaurant-quality dishes at home. Easy. A takeaway.

8.00 EastEnders
Square-based squabbles.

8.30 A Question of Sport
With oldie sporting types Michael Holding and Martina Navratilova. (R)

9.00 My Family
Laugh-free comedy.

9.30 Miranda
This too. (R)

10.00 News, Weather

10.35 John Bishop's Britain
Entertainment show with guest Freddie Flintoff. Ace! (R)

11.05 My Favourite Joke
Comics discuss Tommy Cooper and Monty Python's *Life Of Brian*.

11.35 The National Lottery Friday Night Draws

11.45 Paycheck
FILM Sci-fi thriller starring Ben Affleck and Uma Thurman.

1.40am Sign Zone: Rick Stein's Spain (R) **2.40** Restoration Home (R) **3.40** Royal Upstairs Downstairs (R) **4.10-6am** BBC News

BBC Two

6am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** Coast (R) **11.40** FILM The Story of an African Farm: *Comedy starring Kasha Kropinski.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country **6.00** Eggheads (R) **6.30** LIVE Athletics: *The London Grand Prix.*

9.30 Never Mind the Buzzcocks
Mad music quiz with former Spice Girl Mel G, 2009 *X Factor* runner-up Olly Murs, and lanky *Dragons' Den* investor Peter Jones. (R)

10.00 The Rob Brydon Show
MUST-SEE The Welsh comic welcomes old TV bloke Bruce Forsyth to the show, and duets with singer-songwriter Sophie Ellis-Bextor.

10.30 Newsnight

11.05 Lymelife
PREMIERE A teenager learns hard truths about his family.

12.35am Wilbur (Wants to Kill Himself)
FILM A suicidal man gets a new lease of life when a shy single mother enters his and his brother's lives.

2.15-4.10am BBC News

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Rosemary & Thyme: *A professor is killed.* (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Egg-laying nonsense.

7.30 Coronation Street
Steve arranges a date with an ex-girlfriend. Bad move, Steve!

8.00 Dickinson's Real Deal
Orange-hued presenter David Dickinson values tat in Lancaster.

8.30 Coronation Street
Becky argues with Steve over his new date, Beth. We warned him!

9.00 Someone's Daughter, Someone's Son
NEW Murder victims' friends and families tell their stories.

10.00 ITV News, Weather

10.35 Mad Max 2
FILM Futuristic action thriller starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers.

12.20am The Zone

2.25 FILM The Skeleton Key: *Horror thriller starring Kate Hudson.* **4.05-5.30am** ITV Nightscreen

Channel 4

6.50am Everybody Loves Raymond (R) **7.20** According to Jim **7.45** T4: Friends (R) **8.45** 90210 **9.40** The Hoff's Postcard from T4 on the Beach **10.00** Made in Chelsea **11.00** Friends (R) **12.00noon** News **12.05pm** A Place in the Sun: Home or Away (R) **1.05** FILM Yangtse Incident **2.55** Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.30 Channel 4 Presents – Jody Cundy 2012
An insight into the track cyclist's life.

7.35 Superheroes of Suburbia
Vigilantes who dress as comic-book heroes to fight crime across Britain.

8.00 Come Dine with Me
More dinner party disasters.

9.00 8 Out of 10 Cats
With Rhod Gilbert, Sarah Millican, Gregg Wallace and Kate Silverton.

9.30 Alan Carr: Chatty Man
MUST-SEE With Justin Timberlake, Mila Kunis, Jessie J and the *Inbetweeners* cast. Superb!

10.35 Chris Moyles' Quiz Night
MUST-SEE Comedy game show with the Radio 1 DJ.

11.25 4thought.tv (R)

11.30 The Big Bang Theory
Sheldon decides to make a new set of friends after realising the group's social world revolves around Leonard rather than himself.

12.00m't Sirens (R)

1.05am Music on 4: 4Play: Blood Orange **1.15** Abbey Road Debuts (R) **1.30** My Name Is Earl (R) **2.20** The Real Housewives of New Jersey (R) **3.10-4.00am** Brothers & Sisters (R)

Channel 5

6am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.10** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: NY (R) **3.10** FILM Stolen Innocence: *Thriller starring Gina Philips.* **5.00** News, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV

7.00 5 News at 7

7.30 How Do They Do It?
Waffle about windscreen wipers. (R)

8.00 Danger: Diggers at Work
A digger race gets out of hand.

9.00 Castle
A woman drowned in oil in a hotel bathtub turns out to have been living under a stolen identity.

10.00 The Mentalist
The murder of a 19-year-old girl bears the hallmarks of perennially pesky serial killer Red John. (R)

10.55 CSI: Miami
Attorney Derek Powell's fiancée is killed on his yacht. Guest starring Sean "P Diddy" Combs. (R)

11.55 Inside Hollywood
Magazine show. (R)

12.10am SuperCasino

4.05 SPORT Motorsport Mundial **4.30** Great Scientists (R) **4.55** County Secrets (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6am** House Doctor (R)

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7pm The Simpsons
Guest starring Ricky Gervais and Russell Brand. (R)

7.30 The Simpsons
With the guest voices of U2 and Steve Martin. (R)

8.00 Futurama
Fry, Leela, Bender and their friends visit Rome. (HD)

8.30 Futurama
Bender discovers he has a mortal manufacturing defect. Stick some oil in it! (HD)

9.00 An Idiot Abroad
Karl visits Egypt. (R)(HD)

10.00 Wall of Fame
With Jack Dee.

10.30 Trollied
So-so comedy. (R)(HD)

11.00 Trollied
Leanne visits the store during her maternity leave. (R)(HD)

11.30 Brit Cops: Rapid Response (R)

12.30am Miami SWAT
Docu. (R)(HD)

FRIDAY'S SPORT

10.30am Australian Rules Football, ESPN. **6.30pm** Athletics, BBC2. **6.45pm** Premiership Rugby Sevens Series, ESPN. **7pm** World Golf Championship, Sky Sports 2. **7.30pm** Hull City vs Blackpool, Sky Sports 1. **2am** Boxing ESPN.

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Nuts TV

6 AUGUST SATURDAY



England vs Wales

SPORT **Sky Sports 1/HD, 1.30pm**
With egg-chasing's World Cup just over a month away, two Brit big-hitters crank up their preps at Twickenham with the first of two Tests. Come on! ★★★★



John Bishop's Britain

COMEDY **BBC1/HD, 9.20pm** Stand-up, sketches and brill stories from the public as introduced by the Liverpudlian comic. *MasterChef*'s John and Gregg share their views tonight. ★★★★



UFC 133 ESPN/HD, 2am

SPORT Limb-bending antics as US light heavyweights Rashad Evans and Tito Ortiz slug it out, with Brazilian Vitor Belfort vs Japan's Yoshihiro Akiyama on the undercard. ★★★★★

BBC One

6.00am Breakfast **10.00** Saturday Kitchen Best Bites **11.30** The Good Cook (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** NEW Football Focus **1.00** SPORT British Olympic Dreams **1.30** LIVE Athletics **4.30** NEW Final Score **5.20** BBC News, Regional News, Weather **5.40** Total Wipeout (R) **6.40** Tonight's the Night

7.40 **The National Lottery: In It to Win It**
Fun with random balls.

8.30 **Casualty**
Chest-pumping antics.

9.20 John Bishop's Britain
MUST-SEE The Liverpudlian comic talks about British grub, with *MasterChef*'s John Torode and Gregg Wallace. We're hungry now!

9.50 **BBC News, Weather**

10.10 **Con Air**
FILM The utterly ace actioner starring Nicolas Cage, John Cusack and John Malkovich. Definitely one to watch with your pals over a beer!

11.55 **The Football League Show**
NEW Highlights and goals from the opening weekend of the Football League season. Ace! And it means the Prem's back next week, too!

1.15-6.00am BBC News

BBC Two

6.00am CBeebies **7.00** CBBC **12.00noon** FILM They Came to Cordura: *Western*. **2pm** LIVE International Rugby Union: *Scotland vs Ireland, kick-off 2.15pm*. **4.15** LIVE Challenge Cup Rugby League: *Wigan Warriors vs St Helens, kick-off 4.30pm*. **6.30** Flog It! (R)

7.30 **Dad's Army**
Walmington-on-Sea's power and communications services are cut off. We wouldn't mind if the power on our telly went right now. (R)

8.00 **The Impressionists – Painting and Revolution**
Brush-waving nonsense.

9.00 **BBC Proms 2011**
Cymbal-bashing with Mahler's Resurrection Symphony.

10.35 **A Tribute to Amy Winehouse**
Documentary celebrating the life and career of the singer, who died a couple of weeks ago.

11.15 **BBC Sessions: Amy Winehouse**
Top tracks from the late singer's albums *Back To Black* and *Frank*. (R)

12.05am **The Rob Brydon Show**
Light-hearted chat and music with Sir Bruce Forsyth, Sophie Ellis-Bextor and Ellis James. (R)

12.35 **Saturn 3**
FILM Sci-fi horror thriller starring Kirk Douglas and Farrah Fawcett.

2.00 FILM Battle Beyond the Stars: *Sci-fi adventure starring Richard Thomas*. **3.40-6.00am** Close

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5.30am ITV News **6.00** CITV **8.25** Ten Mile Menu (R) **9.25** Coronation Street **11.45** This Morning: Saturday **12.45pm** ITV News, Weather **12.50** Monk (R) **1.45** FILM The Man in the Brown Suit: *Whodunit starring Rue McClanahan*. **3.40** FILM Dr No: *James Bond adventure starring Sean Connery*. **5.40** Regional News, Weather **5.55** ITV News, Weather **6.10** FILM Harry Potter and the Goblet of Fire: *Fantasy*.

9.00 **Ronnie Corbett's Comedy Britain**
The pocket-sized entertainer explores the work of some of Britain's best-known comics, beginning with Matt Lucas.

10.00 **ITV News, Weather**

10.15 **GoldenEye**
FILM Pierce Brosnan's first outing as Bond, which sees him trying to thwart a pesky Russian general who's nicked a deadly satellite weapon. The little tinker.

12.40am **The Zone**

2.40 In Plain Sight: *Drama*. **3.30-5.30am** ITV Nightscreen

4

6.10am The Hoobs (R) **7.00** SPORT FIM Superbike World Championship **7.30** SPORT British Formula 3 International Series **7.55** SPORT The Morning Line **8.55** T4: Friends (R) **9.30** Hollyoaks Music Show **10.00** Smallville (R) **10.55** Friends (R) **11.30** Pop Up Pop Quiz **12.20pm** The Big Bang Theory (R) **1.20** The TV Book Club **1.50** LIVE Racing **3.50** Come Dine with Me Extra Portions (R) **5.55** News **6.25** 4thought.tv (R) **6.30** FILM Battle of Britain

9.00 **Camelot**
Morgan takes over Camelot while Arthur continues to fight off Harwel's men at Bardon Pass, but when he loses Excalibur, the enemy forces move in for the kill. It's the last ever one, by the way. Boo!

10.00 **Watchmen**
FILM Brilliant comic-book drama. At the height of the Cold War, former superheroes discover a sinister conspiracy when one of them is murdered. Ace, and, well, one to watch with your pals over a beer, actually. Decisions, decisions…

1.05am 24 Hours in A&E (R) **2.05** Embarrassing Fat Bodies (R) **3.00** Hung **3.30** Brothers & Sisters (R) **4.20** Hill Street Blues (R) **5.10-5.25am** Grudge Match (R)

5

6.00am Milkshake! **10.00** Inside Hollywood **10.05** Mexican Food Made Simple (R) **10.35** Police Interceptors (R) **11.35** Aircrash: Hudson River Landing (R) **12.35pm** FILM RoboCop: The Future of Law Enforcement: *Sci-fi thriller starring Richard Eden*. **2.15** FILM The Last Starfighter: *Sci-fi adventure starring Robert Preston*. **4.10** FILM Ivanhoe: *Classic adventure starring Robert Taylor and Elizabeth Taylor*. **6.25** 5 News Weekend **6.30** NCIS (R)

7.25 **Law & Order**
A recently paroled prison gang member is shot dead. (R)

8.25 **CSI: NY**
Ray Langston visits New York to join forces with Mac's unit. (R)

9.20 **Law & Order: Special Victims Unit**
Stress for Stabler as he doubts he's the father of Kathy's child.

10.20 **CSI: Crime Scene Investigation**
Human remains are discovered in the home of a compulsive hoarder. Blimey – It's one thing keeping hold of old relics but that's taking things a bit far, isn't it? (R)

11.20 **CSI: Miami**
A man's found hanged. (R)

12.15am **SuperCasino**

4.00 Animal Rescue Squad (R) **4.15** The FBI Files (R) **5.00** Hana's Helpline (R) **5.10** Milkshake! (R) **5.35** Thomas & Friends (R) **5.45-6.00am** Roary the Racing Car (R)

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7.00pm **Emergency with Angela Griffin**
The actress shadows an incident support officer. (R)(HD)

8.00 **Futurama**
Excellent robot-related animation. A starship captain's attracted to Leela. (R)

8.30 **Futurama**
Fry and Leela find themselves trapped on a planet full of human-hating robots. (R)

9.00 **Hulk**
FILM Exposure to radiation transforms a scientist into a formidable green monster. Ang Lee's take on the classic comic-book tale, with Eric Bana. (HD)

11.40 **Trollied**
Comedy set in a budget supermarket in north-west England. (R)(HD)

12.10am **Trollied**
Leanne visits the store during her maternity leave. (R)(HD)

12.40 **Spartacus: Gods of the Arena**
Prequel to *Spartacus: Blood and Sand*. (R)(HD)

SATURDAY'S SPORT

12.30pm AFC Wimbledon vs Bristol Rovers, **Sky Sports 2**. **1.30pm** MUST-SEE Rugby Union: England vs Wales, **Sky Sports 1**. **2pm** Scotland vs Ireland, **BBC2**. **5pm** Southampton vs Leeds, **Sky Sports 2**. **2am** MUST-SEE UFC 133, **ESPN**.

SUNDAY'S SPORT

12noon Aberdeen vs Celtic, **Sky Sports 1**. **12.45pm** West Ham vs Cardiff, **BBC1**. **1.30pm** Nottinghamshire vs Somerset, **Sky Sports 2**. **2.15pm** MUST-SEE Man United vs Man City, **Sky Sports 1**. **3pm** Castleford vs Leeds, **BBC2**.

StarsUnder18.com

SUNDAY 7 AUGUST

TODAY'S MUST-SEE TV PICKS!



Man United vs Man City
Sky Sports 1/HD, 2.15pm

SPORT Hopefully, the battle for local bragging rights will spice up the Community Shield this year! ★★★★★



Dragons' Den
BBC2/HD, 9pm

REALITY More potty pitches, including a turntable in the back of a 4x4 and shades for canines. Blimey, Deborah Meaden might spontaneously combust with rage after sitting through this lot! ★★★★★



Boardwalk Empire
Sky Atlantic/HD, 9pm

DRAMA We're not normally fussed about repeats, but we'll make an exception for this ace Prohibition-era drama. Episode four sees Jimmy hiding in Chicago. ★★★★★

BBC One

6.00am Breakfast **8.00** SPORT International Rugby Union (R) **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** BBC News **12.05pm** Escape to the Country (R) **12.45** LIVE Match of the Day: *West Ham vs Cardiff at Upton Park, kick-off 1pm. Sounds good!* **3.05** EastEnders **5.00** Songs of Praise **5.35** BBC News, Regional News, Weather **6.00** NEW Deadly 60 on a Mission **6.30** Antiques Roadshow (R)

7.30 Countryfile
Another dose of welly-wearing wittering, and weather for the week ahead. Wicked.

8.30 The Inspector Lynley Mysteries
The detective investigates the murder of a former war photographer. (R)

10.00 News, Weather

10.25 Sugartown
Ropey comedy-drama. Margery harbours a secret that could affect the town's future.

11.25 Moving On
Drama starring Alfie Allen. (R)

12.10am The Sky at Night
Patrick Moore points his telescope at more big rocks in the sky.

12.35 Sign Zone: Richard Hammond's Journey to the Centre of the Planet
The Hamster presenter explores beneath Earth's surface. And not by burrowing a hole, either. (R)

1.35 Holby City (R) **2.35** The Good Cook (R) **3.05** Antiques Road Trip (R) **3.50-6.00am** BBC News

BBC Two

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Flog It! (R) **12.00noon** LIVE Triathlon: *Nutty people do stupidly energetic stuff.* **3pm** LIVE Challenge Cup Rugby League: *Castleford Tigers vs Leeds Rhinos, kick-off 3.15pm.* **5.25** Eisteddfod 2011 with Wynne Evans **5.55** FILM Hidalgo: *Epic adventure starring Viggo Mortensen.*

8.00 Top Gear
Politician bloke Alastair Campbell tries out the Reasonably Priced Car and the trio are each given a budget of five grand to find a car that can hold its own on a racetrack and handle everyday tasks. (R)

9.00 Dragons' Den
MUST-SEE **An entrepreneur claims he can give anyone the perfect body. *Nuts* girls need not tune in – they already have them!**

10.00 Mock the Week – Again
Laughs with Dara O'Briain. (R)

10.30 This World
Fergal Keane investigates military violence in Thailand.

11.30 The Lives of Others
PREMIERE A secret service agent in '80s East Germany becomes obsessed with the couple whose lives he's recording.

1.40-3.10am FILM Emile: *Melodrama starring Ian McKellen and Deborah Kara Unger.*

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5.30am ITV News **6.00** CITV **8.25** May the Best House Win (R) **9.25** Dickinson's Real Deal (R) **10.25** 60 Minute Makeover (R) **11.30** This Morning: Sunday **12.30pm** ITV News, Weather **12.35** Survival: Tales from the Wild **1.35** Inspector Morse (R) **3.35** Midsomer Murders (R) **5.30** Regional News, Weather **5.45** ITV News, Weather **6.00** SPORT FA Community Shield Highlights: *Man United vs Man City at Wembley.*

7.00 Joanna Lumley's Nile
The actress takes a paid-for holiday along the rather long river. (R)

8.00 Born to Shine
Comedian Jason Manford sings opera, broadcaster Jennie Bond plays the marimba and *Hollyoaks* star Jorgie Porter does a Michael Jackson-style street dance. This could all go horribly wrong.

9.00 Law & Order: UK
A double murder seems to be a case of mistaken identity.

10.00 ITV News, Weather

10.15 Charlie Wilson's War
FILM A US congressman provides covert military aid to rebels in Soviet-occupied Afghanistan.

12.05am The Zone

2.00 SPORT Motorsport UK **2.55-5.30am** ITV Nightscreen

4

7.35am SPORT Freesports on 4 **8.00** T4: N-Dubz's Postcard from T4 on the Beach (R) **8.15** Friends (R) **8.50** Towie's Postcard from T4 on the Beach (R) **9.05** Rise of the Planet of the Apes: A T4 Movie Special **9.40** Hollyoaks **12.10pm** Friends (R) **12.45** Ibiza Rocks **1.05** Diddy Dirty Money's RockCorps **1.20** The Simpsons (R) **2.20** Undercover Boss (R) **3.20** Help! My House Is Falling Down (R) **4.25** FILM Eragon: *Fantasy.* **6.25** News **6.55** 4thought.tv (R)

7.00 A Place in the Sun: Home or Away
A couple look for properties in Lewes, Sussex, and the city of Zadar in Croatia. Clearly a couple who like to throw the odd curveball then?

8.00 Holiday Hijack
A group of friends jet off for a holiday in Cancun, Mexico, where a resident hijacks their plans, and instead shows them what conditions are like for those who live in the city. Ah, the look on their faces…

9.00 Sperm Whale: Inside Nature's Giants Special
Exploring the anatomy of the largest predator on Earth. Urgh!

10.30 No Country for Old Men
FILM Quality Coen Brothers' crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a contract killer pursue a Texan who has made off with $2million in drug money.

12.50am Stand Up for the Week
With guest comedian Josh Widdicombe. Excellent. (R)

1.40 Head Over Heels in Rats (R) **2.05** FILM The Rules of Attraction: *Comedy.* **4.00** Home Road Movies (R) **4.15** Brothers & Sisters (R) **5.05-5.55am** Hill Street Blues (R)

5

6.00am Milkshake! **10.00** Inside Hollywood **10.10** Meerkat Manor (R) **10.40** New Cowboy Builders (R) **11.40** The Removal Men: Pickfords (R) **12.40pm** Danger: Diggers at Work (R) **1.35** FILM Uptown Girls: *Comedy starring Brittany Murphy.* **3.20** FILM Michael: *Romantic comedy starring John Travolta.* **5.20** FILM The Secret Garden: *Period drama starring Kate Maberly.*

7.10 5 News Weekend

7.15 Men in Black II
FILM An alien plots to destroy humanity – and the only one who can stop her is a retired agent whose memory has been wiped. D'oh!

9.00 Swordfish
FILM A computer hacker is recruited by a former anti-terrorist operative to embezzle millions from the government. Crime thriller with John Travolta and Hugh Jackman.

11.00 The Ninth Gate
FILM An unscrupulous book hunter searches for the surviving copies of a 17th-century book of demonology. Decent horror, with Johnny Depp and Emmanuelle Seigner.

1.35am SuperCasino **4.00** Animal Rescue Squad (R) **4.10** Great Artists

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7.00pm Hawaii Five-0
Like the glossy crime show? Let's hope so, for your sake – there's loads of it on here tonight. The team investigate when a gang of thieves abducts McGarrett's sister. (R)(HD)

8.00 Hawaii Five-0
McGarrett and the team join Honolulu police officers in a high-speed chase. (R)(HD)

9.00 Hawaii Five-0
The detectives are tasked with protecting the sole witness in a murder case. (R)(HD)

10.00 Hawaii Five-0
The director of the tsunami warning centre is abducted as a major wave heads for the islands. (R)(HD)

11.00 Hawaii Five-0
The team set sail on a mission to rescue 12 college students kidnapped by pirates! (R)(HD)

12.00m't Hawaii Five-0
The crew pursue a bomber who has a grudge against the legal system. (R)(HD)



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"They've taken the Hobbits to Isengard!"

Your Highness

FILM Sky Box Office/HD, From 6am

Danny *"Eastbound And Down"* McBride is a slacker prince forced to go on a quest with his brave brother James Franco. Best bit? Natalie Portman's bum! ★★★



"No, I do not want ice in it!"

Bear Grylls: Born Survivor Discovery, 9pm

REALITY The adventurer takes two fans across freezing rivers and lethal glaciers. He's all heart, isn't he? ★★★★



Britain's best hope for gold in synchronised diving...

Shooting Stars BBC2, 10pm

COMEDY The world's most bonkers game show returns with more surreal antics, plus the dove from above and Angelos the pound shop owner. Ross Noble guests. ★★★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Wreck or Ready? (R) **11.30** Cash in the Attic **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses: *Del becomes a showbiz entrepreneur.* **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Press for Time **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads: *With a team of former contestants from The Apprentice.* (R)

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5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** NEW Let's Do Lunch with Gino & Mel: *Chat show, hosted by Gino D'Acampo and Melanie Sykes.* **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal (R) **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News

4

7.45am T4: Friends (R) **8.40** 90210 **9.40** Katy B's Postcard from T4 on the Beach **9.55** Made in Chelsea **10.50** Sugababes **10.55** Friends (R) **12.05pm** A Place in the Sun (R) **1.05** Will Bayley 2012 (R) **1.10** River Cottage Bites (R) **1.20** FILM Carry On Nurse: *Comedy.* **3.00** Celebrity Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Celebrity Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: Miami (R) **3.15** Chinese Food in Minutes (R) **3.20** FILM Together Again for the First Time: *Seasonal comedy starring Kirby Heyborne.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV

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7pm **The Simpsons**
Moe stirs up marital strife in Springfield. (R)(HD)

7.30 **The Simpsons**
Homer is hired to climb a mountain. (R)

8.00 **Road Wars**
Hey, look! It's another one of those "cops chasing crims" shows! (R)

9.00 **Cop Squad**
And another! (HD)

10.00 **Spartacus: Gods of the Arena**
Oenomaus contemplates the end of his career. (R)(HD)

11.15 **Wall of Fame**
Topical panel show. (R)

11.45 **Trollied**
Comedy set in a budget supermarket. (R)(HD)

12.15am **Trollied**
Leanne visits the store during her maternity leave. (R)(HD)

12.45 **Miami SWAT**
Docu. (R)(HD)

7PM

BBC One

7.00 **The One Show**
Topical stories.

7.30 **Fake Britain**
Dodgy gear.

8.00 **EastEnders**
More Londoners go around snarling and shaking their fists at each other.

8.30 **Mugabe's Blood Diamonds – Panorama**
Evidence of torture camps in Zimbabwe's diamond fields.

9.00 **New Tricks**
Sandra is reunited with an old flame.

10.00 **News, Weather**

10.35 **A Question of Sport**
Slightly dull sports quiz.

11.05 **Darren Clarke's Open Destiny**
How the golfer recently won the British Open for the first time.

11.50 **The Celebrity Apprentice USA**
The teams attempt to create a shop window scene.

12.35am **The Celebrity Apprentice USA**
The teams manage a horse-and-carriage business.

BBC Two

7.00 **Victorian Pharmacy**
Re-creating an authentic pharmacy of the 1850s and 1860s.

7.30 **Wonderstuff**
The science behind mobile phone batteries. If you care.

8.00 **University Challenge**
Christ Church, Oxford, take on the University of Bath, while Jeremy Paxman scowls at them.

8.30 **Antiques Master**
Junk about junk.

9.00 **Horizon**
NEW People's differing perceptions of colours. Hue cares? Ha-ha – get it? Hue? Colours? No? OK then.

10.00 **Shooting Stars**
MUST SEE Potty comedy quiz, presented by Vic Reeves and Bob Mortimer with Ross Noble, James Martin and Brigitte Nielsen.

10.30 **Newsnight**

11.20 **Torchwood: Miracle Day**
The team heads to California – and straight into a trap. Drat! (R)

12.20am **The Tudors**
Henry mourns the death of his queen, Jane Seymour. (R)

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7.00 **Emmerdale**
Field-ploughing piffle.

7.30 **Coronation Street**
Wrinkly old women in hairnets give their husbands an ear-bashing.

8.00 **Countrywise Kitchen**
Summer recipe ideas. Probably salad then. Groan.

8.30 **Coronation Street**
Cobbled-street claptrap.

9.00 **Show Me the Funny**
The hopefuls perform for an audience of nurses. Ooh!

10.00 **ITV News, Weather**

10.35 **Connie and Carla**
FILM Two women flee after witnessing a murder and plan to lie low by posing as drag queens on the Los Angeles gay scene. Hmm, not really one for us, we don't think.

12.25am **The Zone**

4

7.00 **News**

7.55 **4thought.tv**

8.00 **The Secret Life of Buildings**
If the walls could talk, eh? Well, according to this show's title, they pretty much can!

9.00 **Hugh's Fish Fight: The Battle Continues**
An update on the campaign to change commercial fishing laws.

10.00 **Jennifer Saunders: Laughing at the 90s**
Comedy programmes of the '90s, including such chucklefests as *The Fast Show* and *The Royle Family.*

12.05am **Music on 4: Primal Scream's Orange RockCorps**
Bobby Gillespie and co at Wembley.

12.20 **Empire Records**
FILM Comedy drama starring Anthony LaPaglia and Liv Tyler.

Channel 5

7.00 **5 News at 7**

7.30 **How Do They Do It?**
Moving an 11,000-ton drilling platform from Scotland to Singapore. For a laugh. (R)

8.00 **Ultimate Police Interceptors**
NEW The work of a specialised pursuit team. It's another one of those "cops chasing crims" shows, basically.

9.00 **The Invasion**
FILM A psychiatrist and a doctor investigate the cause of an epidemic turning humans into zombies. We put it down to too much time watching ITV1 tonight up to now.

11.00 **Anacondas: The Hunt for the Blood Orchid**
FILM Giant snakes close in on scientists and a mercenary stranded in the jungle while searching for a precious plant. It's rubbish, by the way. Now *there's* a surprise.

12.20 **Empire Records**
FILM Comedy drama starring Anthony LaPaglia and Liv Tyler.

12.50am **SuperCasino**

MONDAY'S SPORT

4pm Tennis, **Eurosport. 7pm** T20 Cricket: Sussex Sharks vs Lancashire Lightning, **Sky Sports 1. 7.30pm** Elite League Speedway, **Sky Sports 2. 12m't** Major League Baseball: Minnesota Twins vs Boston Red Sox, **ESPN.**

TUESDAY'S SPORT

2pm Cycling, **Eurosport. 4pm** Tennis, **Eurosport. 7.30pm** Carling Cup Football: Leeds vs Bradford, **Sky Sports 2. 10.45pm** Football, **Eurosport. 1am** Major League Baseball: St Louis Cardinals vs Milwaukee Brewers, **ESPN.**

1AM

1.20 Sign Zone: A History of Celtic Britain (R) **2.20** Animal 24:7 (R) **3.05** An Island Parish (R) **3.35** Antiques Road Trip (R) **4.20-6.00am** News

1.10-4.20am BBC News

2.25 Nightwatch with Steve Scott: Emergency: *Documentary.* (R) **3.20** ITV Nightscreen **4.30-5.30am** The Jeremy Kyle Show (R)

2.10 Much Ado About a Minor Ting (R) **2.45** Hung **3.15** Brothers & Sisters (R) **4.00** Hill Street Blues (R) **4.50** Cookery School (R) **5.45-5.50am** Sali Mali (R)

3.55 Animal Rescue Squad (R) **4.10** House Busters (R) **4.35** House Busters (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

TUESDAY 9 AUGUST

NEW ISSUE ON SALE TODAY!

TODAY'S MUST-SEE TV PICKS!



Sucker Punch

FILM Sky Box Office, from 6.30am

Easy-on-the-eye actioner starring hotties Emily Browning, Abbie Cornish, and Jena Malone battling zombies, robots and dragons. We heartily approve! ★★★★



CSI: Miami Channel 5/HD, 9pm

DRAMA Season nine of the detective drama continues with David Caruso over-acting fantastically in the hunt for forensic gubbins. This week, a kidnapping is witnessed by a blind man! ★★★★



Falling Skies FX/HD, 9pm

DRAMA You know how it is – your life's going fine then an alien invasion goes and ruins everything. As the drama continues, a newcomer warns that ET hordes are on their way. ★★★

6 PM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Wreck or Ready? (R) **11.30** Cash in the Attic **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM The French Line: *Romantic musical comedy starring Jane Russell.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Let's Do Lunch with Gino & Mel **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover (R) **3.00** Dickinson's Real Deal (R) **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News

4

7.20am According to Jim **7.45** T4: Friends (R) **8.45** 90210 **9.45** The Wanted's Postcard from T4 on the Beach **10.00** Made in Chelsea **11.00** Friends (R) **12.00noon** News **12.05pm** A Place in the Sun: Home or Away (R) **1.05** River Cottage Bites (R) **1.20** FILM Carry On Constable: *Comedy.* **3.00** Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal: Hall of Fame (R) **5.00** Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: Miami (R) **3.15** FILM Murder Among Friends: *Comedy with Donnamarie Recco.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV

sky1

7pm **The Simpsons**
Lisa befriends a whale. (R)

7.30 **The Simpsons**
Lisa gets lost en route to the museum. (R)

8.00 **Emergency with Angela Griffin**
The actress deals with a load of 999 calls. (R)(HD)

9.00 **Hulk**
FILM Exposure to radiation transforms a scientist into a formidable green monster, just like it did when this was last shown, on Saturday. (HD)

11.40 **Trollied**
Comedy starring Jane Horrocks. (R)(HD)

12.10am **Trollied**
Leanne visits the store during her maternity leave. (R)(HD)

12.40 **Border Invasion USA**
Toe-touching shenanigans in Arizona. (R)(HD)

7 PM

7.00 **The One Show**
Topical twaddle.

7.30 **EastEnders**
Heartbroken Billy continues to pine for Julie. Man up, Billy!

8.00 **Holby City**
Clone of *Casualty* continues. Shame.

9.00 **DIY SOS: The Big Build**
Hole-drilling antics.

10.00 **News, Weather**

10.35 **The Real Sleeping Beauty**
A teenager with a sleep disorder. (R)

11.35 **White Oleander**
FILM A fifteen-year-old girl drifts between homes, with only her imprisoned mum as a constant influence in her life.

7.00 **Dragons' Den**
Sunglasses for dogs. No, really. (R)

8.00 **Restoration Home**
A crumbly old property in Landshipping, Pembrokeshire.

9.00 **The Hour**
Another death leads MI6 to become a regular presence in the newsroom.

10.00 **Twenty Twelve**
A team member is forced to defend the Olympic park wind turbine.

10.30 **Newsnight**

11.20 **Town with Nicholas Crane**
The geographer visits the seaside town of Scarborough but ODs on beer and ice cream. Oh, hang on – that's what we'd do. (R)

12.20am **The Tudors**
Cromwell arranges for Henry to marry a Protestant. (R)

7.00 **Emmerdale**
Cow-grazing crud.

7.30 **Wildlife Patrol**
Suspected badger baiters are tracked down near the River Clyde.

8.00 **Cops with Cameras**
Police in Wales carry out a dawn raid to nab a drug dealer. (R)

9.00 **Homes from Hell**
Pad problems in Spain.

10.00 **ITV News, Weather**

10.35 **The Return**
PREMIERE A woman's plagued by psychic visions of a murder, and becomes convinced she's going to be the killer's next target.

12.10am **Grimefighters**
Two workers contend with an infestation of pesky mice. (R)

12.35 **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **The Sex Education Show**
Kids learn about jiggery-pokery.

9.00 **Undercover Boss**
Poundworld director Martyn Birks visits the shop-floor.

10.00 **Ramsay's Kitchen Nightmares USA**
Grouchy chef Gordon Ramsay visits a rubbish restaurant in California.

11.05 **Alan Carr: Chatty Man**
With Justin Timberlake, Mila Kunis and the *Inbetweeners* cast. Ace! (R)

12.05am **Channel 4 Presents – Joe Bestwick 2012**
A profile of the Paralympic wheelchair basketballer. (R)

12.10 **European Poker Tour**
SPORT The Champion of Champions event from Madrid, featuring Victoria Coren and Jason Mercier.

7.00 **5 News at 7**

7.30 **Mexican Food Made Simple**
Thomasina Miers learns to make empanadas in Oaxaca.

8.00 **Monster Moves**
Hauling a 70-year-old locomotive snow plough up a steep hill.

9.00 CSI: Miami
MUST-SEE More crime-solving in the sun as a teenager is kidnapped on the beach, and the only witness to the crime is a blind man.

10.00 **CSI**
Nick tries to solve three separate murders at the same motel. Remember, Nick – no-one likes a show off! (R)

11.00 **CSI: Crime Scene**
A warehouse freezer becomes a crime scene. (R)

11.55 **True CSI**
The murder of a man at a petrol station. (R)

12.55am **Super Casino**

1 AM

1.25am Sign Zone: Coast (R) **2.25** Fake Britain (R) **3.10** Britain's Bravest Cops (R) **3.55** Saints and Scroungers (R) **4.25** An Island Parish (R) **4.55-6.00am** BBC News

1.15-4.50am BBC News

2.40 Crossing Jordan: *Drama.* **3.30-5.30am** ITV Nightscreen

1.10 SPORT Sailing **2.05** SPORT Beach Volleyball **3.00** SPORT KOTV Boxing Weekly **3.25** SPORT The Grid (R) **3.55-4.25am** SPORT British Formula 3 International Series (R)

3.55 Animal Rescue Squad: *Docu.* (R) **4.10-5.00am** Monster Moves (R)



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Nuts TV

10 AUGUST WEDNESDAY



England vs India

SPORT Sky Sports 1/HD, 10.30am

The third Test comes from Edgbaston, where India haven't had a result since 1986. An England win will see them close to the world number one spot! ★★★★



England vs Netherlands

ITV1/HD, 7.30pm

SPORT After a draw with Switzerland, is beating the World Cup runners up beyond England? Hope not! ★★★★★



The Sopranos

DRAMA Sky Atlantic/HD, 9pm

One of the greatest TV shows ever. Series three of the Mafia drama begins with the FBI increasing surveillance on Tony and family. Pure class. ★★★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Wreck or Ready? (R) **11.30** Cash in the Attic **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show

7.30 National Treasures Live
NEW Reports from Britain's most striking historical locationzzzz…

8.00 Village SOS
NEW A crumbling water mill is restored by volunteers.

9.00 Who Do You Think You Are?
NEW June Brown has a poke around her family history.

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws
Ball-plucking fun.

10.45 Not Going Out
Lee imagines a perfect life with Lucy, but the reality may not be good enough to match his dreams. (R)

11.15 Him & Her

11.45 The League Cup Show
SPORT Highlights from the first round, including including Nottingham Forest vs Notts County.

12.50am Sign Zone: Bang Goes the Theory
Spoddy science show. (R)

1.20 Country Tracks (R) **2.15** Richard Hammond's Engineering Connections (R) **3.05** Royal Upstairs Downstairs (R) **3.35-6.00am** News

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM The Moon is Blue: *Romantic comedy starring William Holden.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 Rick Stein's Spain
The chef travels through Extremadura. Sounds painful. (R)

8.00 Natural World: Empire of the Desert Ants
Documentary following a honey-ant queen's rise to power. Ego trip.

9.00 The Code
Marcus du Sautoy reveals the code's power of prediction. The swot.

10.00 Never Mind the Buzzcocks
Potty-haired Tim Minchin hosts the comedy music quiz (R)

10.30 Newsnight

11.20 Fake or Fortune?
Investigating a lost painting by Winslow Homer. (R)

12.20am The Tudors
Cromwell arranges for Henry to marry Anne of Cleves. (R)

1.10-3.35am BBC News

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Let's Do Lunch with Gino & Mel **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** 60 Minute Makeover (R) **3.00** Dickinson's Real Deal (R) **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 Emmerdale
Hazel slaps Aaron after he calls her a murderer. Think yourself lucky, Aaron. At least she didn't kill you.

7.30 International Football
MUST-SEE England vs Netherlands, kick-off 8pm. It's only a friendly, but we'll take all the footy we can get until the new season gets into full swing. Plus this gives Fabio Capello's men a chance to put the disappointment of the draw against Switzerland in June behind them.

10.10 ITV News, Weather

10.45 International Football
SPORT Highlights of the friendly at Wembley between England and the Netherlands from earlier on.

11.45 Homes from Hell
Property nightmares experienced by expats in Spain. (R)

12.40am The Zone

2.45 FILM Deliverance: *Thriller with Burt Reynolds and Jon Voight.* **4.40-5.30am** ITV Nightscreen

Channel 4

7.20am According to Jim **7.45** T4: Friends (R) **8.45** 90210 **9.40** McFly's Postcard from T4 on the Beach **9.55** Made in Chelsea **10.55** Friends (R) **11.55** Channel 4 Presents – Jody Cundy 2012 (R) **12.05pm** A Place in the Sun: Home or Away (R) **1.05** River Cottage Bites (R) **1.15** FILM Carry On Regardless **3.00** Come Dine with Me Extra Portions (R) **4.00** Deal or No Deal (R) **5.00** Come Dine with Me Extra Portions (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Jo Frost: Extreme Parental Guidance
A five-year-old who puts himself in danger to get biscuits. We'll go out of our way for them too, to be fair.

9.00 24 Hours in A&E
A man with schizophrenia makes his 19th visit of the year.

10.00 8 Out of 10 Cats Uncut
List-based laughs with guests Rhod Gilbert and Sarah Millican.

10.50 The Inbetweeners
Simon faces a dilemma when his new girlfriend says she'll kiss him only if he lets her redesign his wardrobe. Brilliant, as ever. (R)

11.20 The Inbetweeners
Simon and his girlfriend Tara visit her sister at university. (R)

11.50 Music on 4: Ibiza Rocks
Plan B headlines.

12.25am The Killing
Linden and Holder question the wife of suspect Bennet Ahmed. (R)

1.20 Music on 4: The Crush **2.15** One Minute Past Midnight (R) **2.25** FILM Dangerous Beauty: *Historical drama.* **4.15** Brothers & Sisters (R) **5.00-5.55am** Cookery School (R)

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: Miami (R) **3.15** Chinese Food in Minutes (R) **3.20** FILM Mystery Woman: Vision of a Murder: *Mystery starring Kellie Martin.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV **6.55** 5 News at 7

7.00 Cricket
SPORT Ball-hitting highlights from the opening day of the third Test between England and India at Edgbaston. Come on, England!

8.00 The Removal Men: Pickfords
A Dorset couple have second thoughts as they prepare to move to Wales. Make up your minds!

9.00 NCIS
Gibbs takes a case connected to his dead daughter. (R)

10.00 Universal Soldier
FILM Sci-fi action drama starring Jean-Claude Van Damme and Dolph Lundgren.

12.05am Poker: The Big Game
SPORT Top amateur players compete against professionals.

1.05 SuperCasino **3.55** Animal Rescue Squad (R) **4.10** HouseBusters (R) **5.00** Rough Guide to Beaches (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

Sky 1

7.00pm The Simpsons
Homer strikes up a friendship with Chief Wiggum. (R)(HD)

7.30 The Simpsons
Homer and Marge try to spice up their love life. (R)

8.00 The Glee Project
The eight remaining hopefuls work on their ability to perform in a duet. Run for the hills! (HD)

9.00 Octomum: The 8 Baby Mother
You get the idea. (R)

10.30 Brit Cops: Rapid Response
Police officers on patrol. (R)

11.30 Cop Squad
Stowaways are found in the trailer of a lorry. (R)(HD)

12.30am Border Invasion USA
Following the work of Arizona's elite police. (R)(HD)

WEDNESDAY'S SPORT

10.30am MUST-SEE England vs India, **Sky Sports 1. 7.30pm** Scotland vs Denmark, **Sky Sports 1. 7.30pm** England vs Netherlands, **Sky Sports 2. 7.30pm** MUST-SEE International Football, **ITV1. 7.45pm** Germany vs Brazil, **ESPN.**

THURSDAY'S SPORT

10.30am England vs India, **Sky Sports 1. 6pm** USPGA Championship Golf, **Sky Sports 2. 7pm** Carling Cup Football: Sheff Wednesday vs Blackpool, **Sky Sports 1. 1am** NFL: San Diego Chargers vs Seattle, **ESPN.**

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THURSDAY 11 AUGUST

TODAY'S MUST-SEE TV PICKS!



The Killing Channel 4/HD, 9pm

DRAMA The moody, brooding and brilliant US version of the original Danish crime drama continues with a Muslim man the latest suspect in Rosie's murder. The plot thickens. Again! ★★★★★



The Big Bang Theory

COMEDY E4, 9pm The guys set out to discover which fiend hacked Sheldon's online gaming account, and Leonard tries to get Priya to understand why he can't see her every night. Uh-oh! ★★★



The Hard Times Of RJ Berger MTV, 10pm

COMEDY More travails for the US teen with a huge penis. RJ's girl gets acne. Should he dump her? ★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Wreck or Ready? (R) **11.30** Cash in the Attic **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** Coast (R) **11.40** FILM Bell Bottom George: *Wartime comedy starring George Formby and Anne Firth.* **1.15pm** Diagnosis Murder (R) **2.00** Wanted Down Under (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Let's Do Lunch with Gino & Mel **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** 60 Minute Makeover (R) **3.00** Dickinson's Real Deal (R) **4.00** Rosemary & Thyme (R) **5.00** The Chase (R) **6.00** Regional News, Weather **6.30** ITV News, Weather

Channel 4

7.45am T4: Friends (R) **8.45** 90210 **9.45** Made in Chelsea's Postcard from T4 on the Beach **10.00** Rise of the Planet of the Apes: A T4 Movie Special (R) **10.30** Jessie J Live at Shepherd's Bush Empire (R) **11.00** Friends (R) **12.05pm** A Place in the Sun: Home or Away (R) **1.05** River Cottage Bites (R) **1.15** FILM Carry On Cabby **3.00** Come Dine with Me (R) **4.00** Deal or No Deal (R) **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Meerkat Manor (R) **1.45** Neighbours **2.15** CSI: Miami (R) **3.15** FILM Midwives: *Courtroom drama starring Sissy Spacek and Peter Coyote.* **5.00** 5 News at 5 **5.30** Neighbours (R) **6.00** Meerkat Manor (R) **6.25** OK! TV **6.55** 5 News at 7

sky1

7.00pm **The Simpsons**
Lisa investigates her ancestry for an assignment. (R)

7.30 **Futurama**
The friends uncover a secret about Leonardo da Vinci. (R)

8.00 **Futurama**
Bender discovers he has a manufacturing defect. D'oh! Er, sorry – wrong show. (R)

8.30 **The Simpsons**
Marge dyes her hair grey. (R)

9.00 **Trollied**
Julie is given the store's management handbook. (HD)

9.30 **A League of Their Own**
With Lily Allen. (R)(HD)

10.00 **An Idiot Abroad**
Karl Pilkington's journey continues in Egypt. (R)(HD)

11.00 **Law & Order**
The owner of a fashion company is found dead. (HD)

12.00m't **Border Invasion USA**
Docu from Arizona. (R)(HD)

7AM

7.00 **The One Show**
Topical natter.

7.30 **EastEnders**
Shouty soap.

8.00 **Traffic Cops**
A burglar tries to evade pursuing officers by jumping into a canal. That's one way of doing it.

9.00 **Torchwood: Miracle Day**
The team learn the truth about the "miracle", and it ain't good.

10.00 **News, Weather**

10.35 **Me, My Sex and I**
People born neither male nor female talk about the condition.

11.25 **One Flew Over the Cuckoo's Nest**
FILM Oldie, Oscar-winning drama starring Jack Nicholson, Louise Fletcher and Danny DeVito.

7.00 **The Culture Show at the Edinburgh Festival**
High-brow stuff in Scotland.

8.00 **Monty Halls' Great Irish Escape**
NEW Monty Halls researches whales in Irish waters.

9.00 **Town with Nicholas Crane**
The geographer visits Perth in the Scottish Highlands.

10.00 **Have I Got Old News for You**
With guest-host Miranda Hart. We'll give it a miss, thanks. (R)

10.30 **Newsnight**

11.20 **The Hour**
The effects of Tom's death are still being felt in the newsroom. (R)

12.20am **The Tudors**
Henry goes looking for a new missus. Yes, another one. (R)

7.00 **Emmerdale**
Sandy goes out for a walk – but ends up at the pub. That happens to us about three or four times a week!

7.30 **What Price Justice?: Tonight**
Government plans to cut £350m a year from the legal-aid budget.

8.00 **Emmerdale**
Sandy'll be smashed by now…

8.30 **Coronation Street**
Major developments as Leanne buys a birthday card for Stella… and asks Eva to pass it on! It's *crazy*!

9.00 **Single-Handed**
Jack suspects a teenager is in an abusive relationship.

10.00 **ITV News, Weather**

10.35 **Piers Morgan's Life Stories: Susan Boyle**
SuBo speaks out! (R)

11.35 **Ronnie Corbett's Comedy Britain**
The entertainer explores the work of his fellow comics. (R)

12.30am **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **Help! My House Is Falling Down**
A wonky home in Essex.

9.00 **The Killing**
MUST-SEE Stan confronts Bennet about his daughter's murder.

10.00 **Coppers**
Ace series following members of Greater Manchester Police's Tactical Aid Unit. Better than your average fly-on-the-wall cop show. (R)

11.05 **Chris Moyles' Quiz Night**
With Cuba Gooding Jr, Kevin Bridges and Lulu. Cool! (R)

11.55 **Music on 4: The Album Chart Show: Spotlight**
A round-up of the week's releases.

12.10am **Hollyoaks Music Show**
Performances by Charlie Simpson, Wretch 32 and the Wanted. (R)

12.40 **Channel 4 Presents – Mandip Sehmi 2012** (R)

12.45 **Cast Offs** (R)

7.00 **Cricket**
SPORT Ball-slogging with the second day of the third Test between England and India at Edgbaston.

8.00 **Croc Man**
A bloke tries to fulfil his dream of opening Britain's first crocodile zoo, which he hopes will be home to each of the 23 species of deadly crocodile in the world. Madness!

9.00 **New Cowboy Builders**
A couple whose home extension was left half-finished.

10.00 **Candy Bar Girls**
The girls prepare for the relaunch.

11.00 **Ultimate Police Interceptors**
Documentary following the work of a specialised pursuit team. (R)

12.00m't **Super Casino**



1AM

1.40am Sign Zone: Mugabe's Blood Diamonds – Panorama (R) **2.10** Countryfile (R) **3.10** Saints and Scroungers (R) **3.40** Royal Upstairs Downstairs (R) **4.10-6.00am** News

1.10 The Culture Show at the Edinburgh Festival: *Arty reports.* (R) **2.10-4.10am** BBC News

2.35 SPORT British Touring Car Championship **3.55-5.30am** ITV Nightscreen

1.40 The Sex Education Show (R) **2.35** New Love (R) **2.55** Hung **3.25** Hill Street Blues (R) **4.10** Brothers & Sisters (R) **4.55** Cookery School (R) **5.50-6.00am** The Treacle People (R)

3.55am Animal Rescue Squad (R) **4.10-5.00am** New Cowboy Builders (R)

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Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

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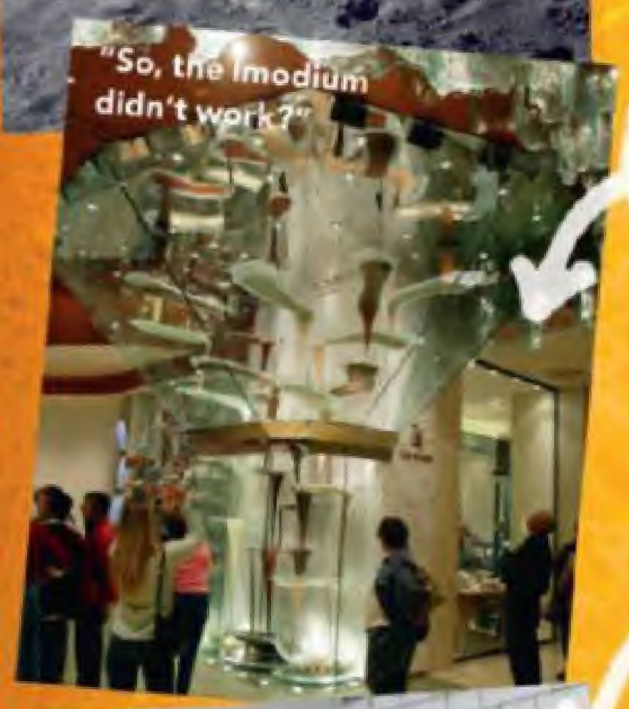
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The footprints of the astronauts will remain on the moon for years, as there's no wind or rain to erode them.

There are ten times as many bacteria in the human body as there are human cells.



The Jean Philippe patisserie in the Bellagio Casino, Las Vegas, has a chocolate fountain that's two storeys high.

A single solar day - sunrise to sunset - on the planet Mercury lasts 176 Earth days.

Orgasms can trigger sneezing fits in men.

A human being cannot tickle themselves, as the sensation of being tickled is specific to unexpected stimuli - it won't work if your brain is expecting it.



More than 200 species of ant actively farm fungus to eat then fertilise it with their dung.

Seventy-five per cent of the creatures on Earth are parasites.



Eric Bristow, Mervyn King and Richie Burnett have all successfully recovered from dartitis, the darts equivalent of "the yips".

Ozzy Osborne was banned from the Texas city of San Antonio for a decade in 1982, after he urinated on a memorial for those who died in the 1836 siege at The Alamo.



Apotemnophilia is a fetish in which the individual desires to have a limb amputated in order to gain sexual arousal.



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WORDS: PETE CASHMORE, LIVVY LEWINGTON PHOTOS: ALAMY, REX FEATURES

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